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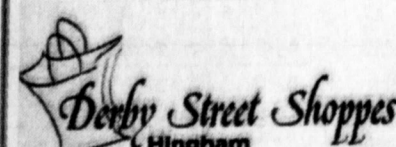
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SPECIAL SECTION

HEALTHY LIVING

PAGE A9



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Friday, February 3, 2017

CohassetWickedLocal.com

Vol. 39, No. 7 ■ \$2

WHAT'S INSIDE

PRESERVATION FUNDS SOUGHT

Historical Society museums need work

PHOTOS, A4



Moisture causing issues for exhibits

By Amanda C. Thompson
athompson@wickedlocal.com

Cohasset Village's historical houses will be history themselves if steps aren't taken to weatherproof them and protect the artifacts inside.

Kathy O'Malley of the Historical Society made the case to the Community Preservation Committee (CPC) on Monday, Jan. 30,

along with restoration and architecture expert Mason Cook, who worked on First Parish, the Pratt Building, and a previous bout of work on both village museums in 2004.

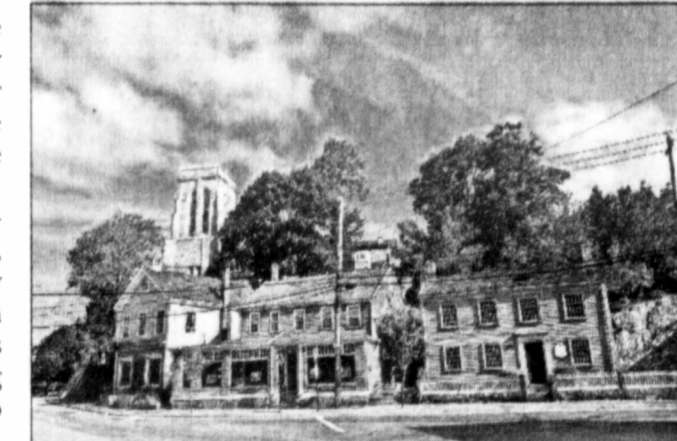
O'Malley recounted how exhibit cabinets at the Maritime Museum and Captain John Wilson House were collecting too much moisture and had recently required mold removal.

Buttoning up the floor and siding are the first and most impactful steps toward reducing humidity

in the museums, with the potential to pursue other measures (such as weather stripping and restoring the vintage windows) down the road.

The original floorboards would be retained, of course, but right now they're laid directly on top of the modern joists installed in 1950, allowing both moisture and mice to sneak through with ease.

"You're keeping historical collections in a barn," Cook



The Captain John Wilson House on the right is one of two historical museums in Cohasset Village. Both need some TLC to protect the artifacts inside from water and weather damage. WICKED LOCAL STAFF PHOTO

SEE MUSEUMS, A5

OWLS VISIT

SPORTS, B1



BOYS HOOP

MEET LANI, B7



GIMME SHELTER

COMING IN PRINT

COLUMN: View From the Front Porch

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ARTS SPACE



Andrea Williams envisions a yoga studio in the old garage at 365 North Main. WICKED LOCAL STAFF PHOTO BY AMANDA C. THOMPSON

Studio will be a work of heart

By Amanda C. Thompson
athompson@wickedlocal.com

They say one person's trash is another's treasure.

The run-down Cohasset Electric Light and Power Company buildings at 365 North Main St. certainly looked like trash to most, but not to this artist. Andrea Williams has purchased the property after years of neglect and plans to transform it into a home with a studio and sculpture garden.

Her goal?

"A lot of people have looked at these buildings and thought this would be a great thing, but nobody's had the gumption to do anything about it."

—Andrea Williams

"I want to take this ugly scar on the land and renovate it, bring it back to its original beauty, and renew people's faith that things like that can be done," said Williams. "A lot of people have looked at these buildings and thought this would be a great thing, but nobody's had the gumption to do anything about it."

Williams has renovated houses before and grew up with parents

SEE STUDIO, A8

NEWS

First look

School budget to take shape

By Amanda C. Thompson
athompson@wickedlocal.com

With budget season underway, stakeholders can now review the school district's operating budget for fiscal 2018. The School Committee on Feb. 1 viewed a draft of the budget and approved an informational packet that will be shared at PSO meetings and with the broader community online.

The packet includes answers to frequently asked questions, glossary terms, a five-year fiscal forecast, and a budget message as well as a breakdown of the budget process.

The packet as a whole, in the words of committee Chairwoman Jeanne Astino, "a history."

"It shows where we've been, where we are, and where we hope to be," said Astino.

The committee took a first look at the fiscal 2018 operating budget during the same Feb. 1 meeting. Interim Business Manager John Tuffy highlighted some of the primary changes and fielded questions from the board.

While Tuffy and Superintendent Louise Demas agreed that creating the

SEE BUDGET, A15

ACTS OF KINDNESS

Cohasset chiropractor heals at home and away

By Amanda C. Thompson
athompson@wickedlocal.com

Like many Cohasset families, chiropractor John McCarthy will be spending

one April week somewhere a bit warmer. Unlike most, McCarthy isn't traveling for fun, but for business, bringing the benefits of specific chiropractic with

him to Medellin in the South American country of Colombia.

Specific chiropractic is one of many types of chiropractic, all of which have

different emphases. This branch focuses on the junction of the brain stem and spinal cord, where blockages can put pressure on a myriad of nerve fibers,

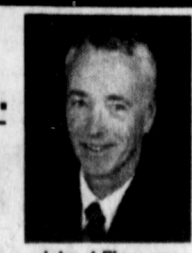
causing neck pain, headaches, muscle tension, and difficulty focusing.

To understand how specific chiropractic works, SEE KINDNESS, A8

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HEALTHY LIVING SECTION

If you're looking to make some lifestyle changes this year, check out our **Healthy Living** section for the latest on how to improve your health and wellness – with focus on fitness, nutrition and much more.

WICKED LOCAL

PICTURE THIS

Casey Ognibene

Name: Casey Ognibene.

Occupation: 6th grade student at Cohasset Middle School and CEF phonathon participant.

Best day of your life: It hasn't happened yet, but when I get my puppy in the spring.

Best vacation: I love going up to Vermont for skiing.

Favorite season: Summer but I really like winter also!

Favorite holiday: Christmas.

Favorite snack: Waffles from the ski mountain.

Best book: "The Hunger Games."

Best movie: "The Martian."

Best TV show: "Dance Moms."

Best music, group, or artist: I really like the radio station Kiss 107.9.

Pet peeve: Nails scraping on a shell...I can't even think about it!



Casey Ognibene, a 6th grader at Cohasset Middle School, will be helping to make the calls for the CEF phonathon next week to benefit the new Learning Commons at her school. If you see Casey around town, be sure to tell her you spotted her in **Picture This!** COURTESY PHOTO

about it!

Goal: To be a Division 1 college lacrosse player.

eaten by a shark.

Biggest worry: That I'll get

Best part of Cohasset: The beach for sure!

Fun fact: I have a 15-year-old cat named Odin.

CEF FUNDRAISER

Phonathon for new Learning Commons

On the evenings of Tuesday, Feb. 7th and Wednesday, Feb. 8th, the Cohasset Education Foundation will hold its third annual phonathon to raise funds to transform the Cohasset Middle/High School library into

a beautiful new Learning Commons.

The Learning Commons will provide students and community members with a dynamic, inspiring new space for study and meetings. The fundraising goal

for the Learning Commons is \$250,000 and the CEF needs your help to make this project a reality!

The calls will be made by middle and high school students who will volunteer their time to support this

important initiative. Once again, Work Station will generously donate their office for this event. If your phone rings on Feb. 7th and 8th, answer the call to make an investment in the future of our schools and our town!

SENIOR SCENE

Ultimate selfie: Writing your own obituary

All events take place at Willcutt Commons, 91 Sohier Street, unless noted. Call for Reservations: 781-383-9112.

WEEKLY LUNCHES: Lunches are served at noon Tuesdays, Wednesdays, and Thursdays. Reservations are required no less than 24 hours in advance. Delicious Meals provided by local restaurants and Cohasset cooks. Cost: \$3.

■ Tuesday, Feb. 9, Chef Dan; Pasta Bolognese
■ Wednesday, Feb. 10, Chels Kathy and Laura, Chicken Piccata
■ Thursday, Feb. 11, Lunch prepared by Five South Main

LUNCH-N-LEARN WITH AT HOME HEARING HEALTH CARE, TUESDAY, FEB. 7, 12-2: Michael Schmitt will talk about hearing loss and what can be done about it. He will have information about different hearing aids available. \$3 Lunch reservation 24 hours in advance required.

CAREGIVER PRESENTATION: Understanding & Responding to Dementia-Related Behaviors. Wednesday, Feb. 8, 10 To 11:30 Am. Behaviors are a form of communication. Learn how to identify,

understand and respond to challenging behaviors your loved one may be displaying. Presented by Jennifer Hoadley of the Alzheimer Association. Please let us know you will be attending by calling 781-383-9112.

INTERGENERATIONAL LUNCH WITH DEER HILL SCHOOL STUDENTS. Thursday, Feb. 9, 12:00. Enjoy lunch with Mrs. Moser's 4th grade class along with an activity or entertainment. It's a great way to meet some youngsters and learn from them, as they learn from you! Please plan on joining us! \$3 Lunch reservations 24 hours in advance.

THE ULTIMATE SELFIE: WRITING YOUR OWN OBITUARY. Mondays, Feb. 13, 27 and March 6, from 10 am to 12 pm. Make sure you are remembered the way you want. Conducted by veteran journalist Chuck Jaffe. When finished, participants will have an edited obituary of roughly 500-800 words that family and friends can use to capture your life and focus on the things important to you.

VALENTINE'S DAY LUNCHEON. Tuesday, Feb. 14, 12:00. Celebrate Valentine's

Day with us! We'll have a wonderful lunch provided by Anna and her angels, with entertainment by professional musicians Dolores Ofria and Duane Sullivan, singing all the old standards from the 30's, 40's, 50's, and 60's. Enjoy classics originally performed by Frank Sinatra, Rosemary Clooney, Steve Lawrence and Eydie Gorme. \$6. Reservations required no later than Friday, Feb. 10, 2017.

LUNCH-LEARN WITH NORFOLK COUNTY SHERIFFS DEPARTMENT. Thursday, Feb. 23, "Last Will and Testament," a powerful overview of the impact of financial elder abuse, and the fact that it truly can happen to anyone. It will equip seniors, family members, and professionals to both recognize and guard against financial abuse of vulnerable and older adults. Lunch at 12:00 followed by the presentation at 12:30. Cost for lunch, \$3. Presentation, Free.

PRESIDENTIAL FLOWERS WORKSHOP. Thursday, Feb. 23, 1:30 pm. Presented by Community Garden Club members. Make your own floral arrangement. Do not miss this wonderful way to brighten your day with flowers while we wait for warmer

weather! \$3. Reservations required by Thursday, February 16.

REGULARLY SCHEDULED ACTIVITIES:
■ Cohasset Café: Mondays, 9 to 11 a.m. Drop in for coffee, conversation and fresh baked treats provided by The Friends of Cohasset Elder Affairs. \$3.
■ French Conversation: Mondays, 10 a.m. Looking to improve your French? Informal gatherings for those less-than-expert. Drop in.
■ Zumba Gold: Fridays, 10 to 11 a.m. Ditch the workout! Join the party! Zumba Gold workout incorporates dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity than regular Zumba. Great for cardio, range of motion and balance. Drop in, \$5.

YOGA CLASSES
■ Gentle Yoga: Tuesdays at 9:30 am. Instructor, Amy Dillillo. Drop in \$5.
■ Mary's Yoga: Tuesdays at 4:30 pm. Instructor, Mary Ernst.
■ Chair Yoga: Wednesdays, 1 pm. Instructor, Amy Dillillo. Drop in \$5.
■ Yoga/Meditation: Thursdays 9:30 am. Amy Dillillo and Jen Williams. Half yoga and half meditation. Learn relaxation techniques that you can use any time. Drop in, \$5.

■ Veteran's Services Hours. Tuesdays, Wednesdays and Thursdays, 9:00 am – Noon.
■ Bridge: Wednesdays, 1 to 4 p.m. Bring your own foursome.

■ Stretch and Balance Conditioning, Mondays 2:30 pm-3:30 Low impact class focusing on balance and flexibility.
■ Strength and Conditioning Class Thursdays, 10:30 to 11:30. Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. \$5 per class.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

FEB. 2017		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	02	2:47	9.4	3:09	9.3	8:55	-0.2	9:18	-0.4	6:55	4:59
Friday	03	3:38	9.5	4:04	8.9	9:50	-0.1	10:12	-0.1	6:54	5:00
Saturday	04	4:33	9.5	5:05	8.7	10:49	-0.1	11:10	0.1	6:52	5:01
Sunday	05	5:32	9.5	6:09	8.5	11:52	-0.1			6:51	5:02
Monday	06	6:34	9.6	7:15	8.5	12:11	0.2	12:56	-0.2	6:50	5:04
Tuesday	07	7:37	9.8	8:19	8.6	1:12	0.2	1:58	-0.5	6:49	5:05
Wednesday	08	8:38	10.0	9:19	8.9	2:13	0.0	2:57	-0.8	6:48	5:06
Thursday	09	9:35	10.3	10:14	9.2	3:11	-0.2	3:52	-1.1	6:47	5:08

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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STATE PARTNERSHIP

Compact Cohasset is coming

By Amanda C. Thompson
athompson@wickedlocal.com

Cohasset is en route to becoming a Compact Community, which will open the town up to grants and other assistance from the state of Massachusetts.

In January 2015, Governor Charlie Baker established the Community Compact Cabinet in order to strengthen partnerships between the administration and municipalities. Since then, more than 40 community compacts have been signed to promote improvements throughout Massachusetts.

"The goal is for communities to partner with the State on best practices," explained Town Manager Chris Senior, with an emphasis on "things that will implement the

Board of Selectmen's goals and objectives."

The state offers incentives for communities that join the effort, including a grant program for Compact Communities, extra points on certain grants, and technical resources from the Commonwealth to help communities achieve their goals.

Senior said that Cohasset's first move would be to take advantage of technical assistance to start digitizing records through document imaging. Cyber security will be another immediate focus.

Other best practices are already in the works, such as the new town website rolling out this month and a visual budget presentation.

Through the program, the Town will continue to

improve its GIS (geographic information system) database by inviting a flyover. Senior said this bird's-eye-view will help with infrastructure and building planning.

More than 125 cities and towns are in the Compact Communities application process, including Hingham. Senior estimated that the process would be complete in about a month, at which time Lieutenant Governor Karyn Polito will likely come out to make awards to all New South Shore Compact Communities in a single ceremony.

Look for more on this topic in an upcoming edition of the *Mariner*. Follow Amanda on Twitter for updates: @MarinerAmandaT



Through the program, Cohasset will continue to improve its GIS (geographic information system) database by inviting a flyover. This bird's-eye-view will help with infrastructure and building planning. COURTESY PHOTO

POLICE BEAT

Half-coyote, half-wolf likely a well-fed coyote

By Mary Ford
mford@wickedlocal.com

Seal on beach

In response to a call, the Animal Control Officer checked on a seal that was on Sandy Beach on Monday morning (Jan. 23) to be sure the animal was not caught up in a net or in distress. It was fine, police said. Seals like to sun themselves but people should not approach them as they will bite and can be dangerous.

House party

On Monday (Jan. 23) around 12:45 p.m., police responded to a call from a 27-year-old woman who had been watching her uncle and aunt's house in a neighborhood off Route 3A while they were away. She entered through the garage and found the door to the house had been kicked in and the inside of the home had been left in shambles.

Investigation revealed the son at the home had organized a house party while his parents were away but was arrested in Hingham earlier that night for operating under the influence of drugs. When his guests arrived, he was not there so they apparently broke in and had the party without him.

Gate arm

A concerned caller notified police on Monday evening (Jan. 25) about a broken arm to the railroad gate crossing at North Main Street near the back entrance to the train station. The warning lights were still working. Police said the gates are made of wood and are getting old as this was the

second one that broke in recent weeks. The MBTA came out to replace the arm and inspect the others.

CO2 alarm

A house on Ledgewood Drive was ventilated on Tuesday morning (Jan. 24) after the CO2 alarm went off. The heating system was the problem and was shut down; the plumbing inspector was called.

Medical issue

A 37-year-old Marshfield man with an apparent mental health issue flagged down an officer in the Shaw's parking lot on Tuesday night around 11 p.m. and was transported to the hospital.

Half-coyote

A concerned caller notified police on Wednesday morning (Jan. 25) that her neighbor had spotted what appeared to be a half-coyote, half-wolf roaming around near the Deer Hill School. Police do not know of any hybrid coyotes but point out there is a healthy population of coyotes in town currently.

Disturbance

Police checked on a possible disturbance in the Avalon complex on Wednesday night (Jan. 25) around 9:20 p.m. during which a person walked by an apartment and heard yelling.

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It turned out to be an argument between a 46-year-old man and his son over homework, police said.

Put down

A deer that was still alive but injured on the side of the road by the Nissan dealership on Route 3A near Beechwood Street at 7 a.m. on Thursday (Jan. 26) had to be put down by an officer. MassDOT was called to dispose of the animal.

MVC

There was a two-car accident on Beechwood Street before the lights at Chief Justice Cushing Highway (Route 3A) around 10:13 a.m. on Thursday (Jan. 26).

A 2016 Buick Encore, operated by a 75-year-old Scituate woman, pulled

out onto Beechwood from Leo's Gulf station to make a left and cut off a 2015 Kia Optima, driven by a 36-year-old Hanover woman, that was headed west on Beechwood, resulting in a collision.

No one was injured and both cars could be driven. The Scituate woman was cited for failure to use caution.

Search warrant

Police executed a search warrant at a house on a street off N. Main Street on Friday morning (Jan. 27). Detectives and officers seized evidence there in an investigation of a sexual assault, police said. No more information is being released at this time as the incident is under investigation.

MV stop/tow

An officer stopped a

2008 BMW that was headed north on Chief Justice Cushing Highway around 2 p.m. on Saturday (Jan. 28) because the registration had expired.

The driver, a 28-year-old Scituate man, was issued a \$105 citation for driving an unregistered car. His registration came back as nonrenewable so he could not register it online at the scene and the car was towed.

Scrap collection

Police investigated a report from a concerned neighbor on Hemlock Way on Saturday evening (Jan. 28) that a man in a 2003 Chevrolet Tahoe was picking up construction materials and putting them into his SUV. Police checked with the contractor who said it was OK. The material was construction debris, police

said.

A 17-year-old Cohasset girl, who was newly licensed, lost control of the 2014 Jeep Wrangler she was driving on Margin Street, hit a utility pole and then a stone wall, police said. She was not injured but the SUV, which had to be towed, sustained heavy front-end damage and damage to the steering mechanism.

Police responded to the crash at 10:37 a.m. on Sunday (Jan. 29). The girl was headed toward the Harbor Inn from the direction of the yacht club when she hit the pole, swung off it and traveled across the street and into the stone wall. She was issued a citation for failure to drive in marked lanes, police said. National Grid arrived to check the pole.

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73 South Street, Hingham, MA 02043
or fax it to 781-741-2931
or email it to mford@wickedlocal.com
Nomination Deadline: Friday, Feb. 17th at 5 p.m.

LIBRARY

Eyes on Owls!

Staff photos by Alyssa Stone

'Eyes on Owls' is a live owl show for ages 4 and up. Naturalist and owl rehabilitator, Marcia Wilson and Mark Wilson, wildlife photographer, for "Eyes on Owls" introduced the library audience to owls found in New England and around the world. Children practiced their hooting skills, saw live owls close up, and learned what they can do to protect this valuable animal.



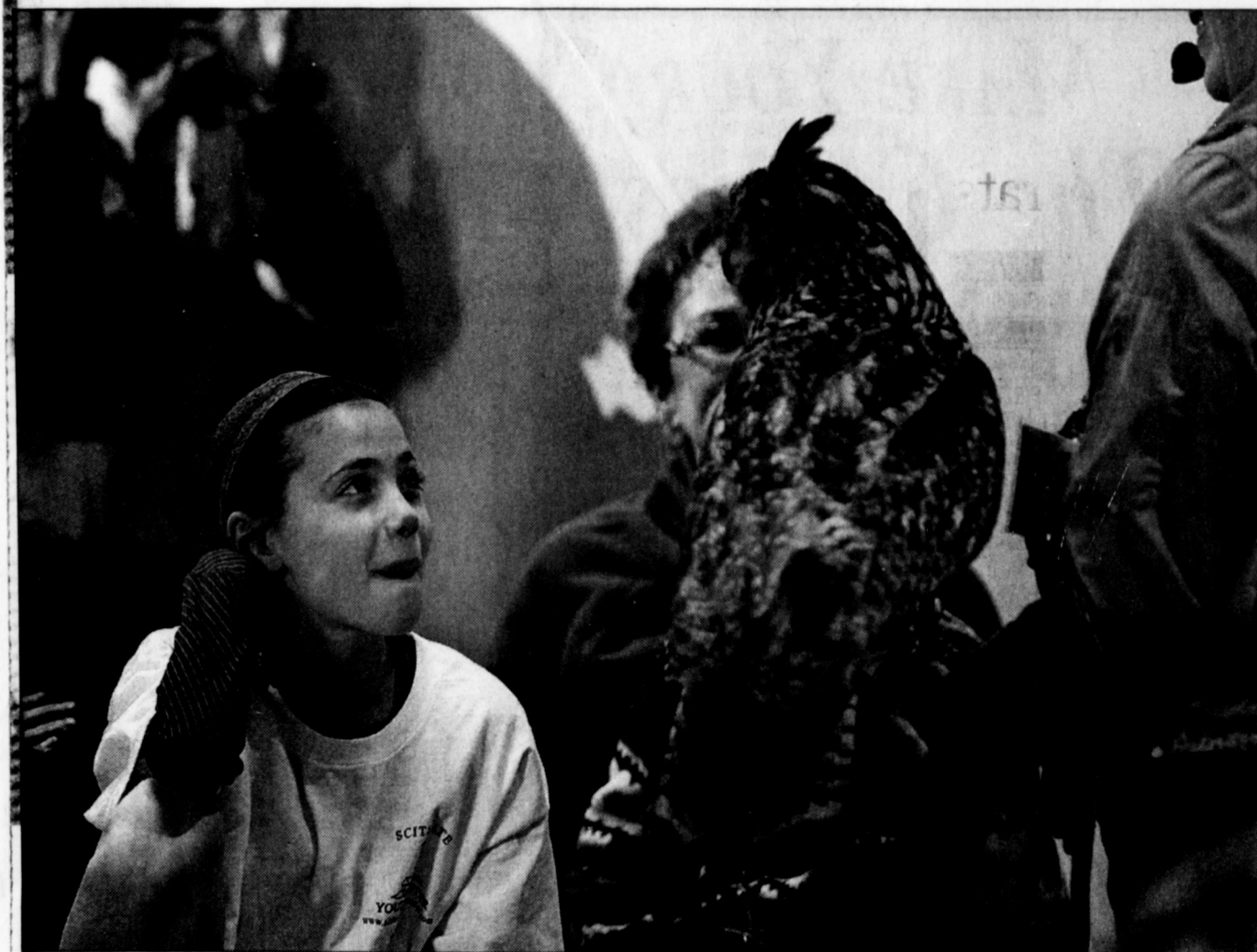
Fiona Bandy, 5, of Milton practices the screech owl hoot with the Eastern Screech Owl.



Richard Martin, 6, gets some one on one time with the American Kestrel, which is actually a hawk.



Fiona Lombardi, 3, of Cohasset stands on a chair to better see the Great Horned Owl.



Sorcha Sullivan, 11, smiles as she gets a close up look at the Eurasian Eagle Owl.



The Spectacled Owl is an owl native to tropical parts of the world, mainly central and South America.



The majestic Barred Owl is one of seven owls at the "Eyes on Owls" event at the Paul Pratt Memorial Library on Jan. 28.



Sitting on Valerie Lavellee's lap, Catherine Lavellee, 6, gets an up close look at the Eastern Screech Owl and the American Kestrel.

FEB

3

2017

MILLIKEN

Diamond Club winds up for baseball field upgrades

By Amanda C. Thompson
athompson@wickedlocal.com

Diamonds aren't forever. That's why the Cohasset Diamond Club wants to rehab the baseball diamond and other amenities at Milliken Field. Club representatives Mike Milanoski and Joe Mahoney appeared before the Community Preservation Committee (CPC) on Monday, Jan. 30.

The board determined that a vote would not be necessary, since funds had been allocated last year for this project and were simply being redirected by the Diamond Club. There had been no specific enumeration of projects when the funds were approved, so adjusting the scope would not require the subject to go back before Annual Town Meeting.

"The main thing is that the improvements are done in a way that benefits the users," said CPC member Susan Sardina.

In 2016, the board recommended, and Town Meeting voted, \$33,000 for rehabilitation of the baseball field and facilities. Roughly \$14,000 of those funds remains. This, along with the Recreation Fund, should cover the installation of the batting cage and replacement of the equipment shed.

Neighbors on Bancroft Way

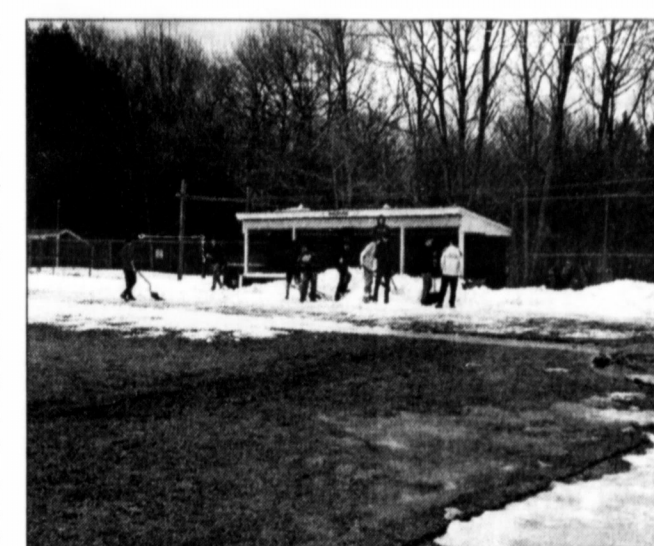
were not concerned about the aesthetic of the proposed shed, which will be two feet wider than the current one. Only one family is able to see it from their home, and they reportedly told the Diamond Club that "anything would be better than what's there."

Funding was intended to cover a new batting cage and floor, extension netting for the backstop, an underground water system that would help reduce dust on the diamond, improvements to the bases, new bleachers behind home plate (instead of by first base), and screens and nets for practice sessions.

Milanoski and Mahoney said some of these items have now been swapped out or re-prioritized. The Diamond Club would eventually like to install a new fence along Bancroft Way but will work with the Recreation Department, not CPC, to accomplish that.

Milanoski and Mahoney left the meeting with CPC's blessing and will now work with Ron Ford, athletic director for the high school, to move the project forward, hopefully in time for the start of baseball season in March.

Follow Amanda on Twitter for updates: @MarinerAmandaT



Cohasset baseball players and boosters clear the field at Milliken after the blizzards of 2015. VIA COHASSETSPORTS TWITTER

ABOUT THE CPA

■ The Community Preservation Act, or CPA, is a state mandate that requires towns that adopt the statute to set aside funds for the purposes of historical preservation, open space and recreation initiatives, and the creation of affordable housing.

■ A percentage of local funds are matched by the state trust fund, raised through fees at the Registry of Deeds. Local revenue totals over \$400,000 per year, with a state match of around 30 percent.

■ The Community Preservation Committee reviews community-nominated projects to determine the best use of these funds and then brings recommendations to Annual Town Meeting. The community is free to pitch ideas anytime during the year.

■ The committee will meet again on Tuesday, Feb. 21 to hear a final round of proposals before voting on which projects to recommend. Any group that intends to apply for CPA funds this year must submit by Wednesday, Feb. 15.

MUSEUMS

From Page A1

said. "You've got to put that collection in an environment that at least gives it a chance," said Cook. "With the moisture, you're losing the artifacts."

The board has not yet taken a vote on this topic, since funding proposals are still being accepted through Feb. 15. However, members were wary of the negligible contribution being offered by the society (about 3 percent, or \$3,855, of the total \$128,500). Most applicants

contribute around 50 percent.

"It's a great project," acknowledged CPC member Michael Dickey, "but I'm concerned about the small kick-in from the society. Even 15 percent would be better."

O'Malley noted that the Historical Society is a non-profit organization with no real budget to speak of, making a larger contribution difficult, if not impossible, but she said that the society would discuss the possibility.

The board didn't want to look like they were playing

favorites with the society after covering 90 to 100 percent of the cost of various other projects for them. Members were additionally concerned about the society's capital campaign to purchase Beechwood Church, suggesting that fundraising should be focused instead on the needs of the museums.

O'Malley said the capital campaign has barely gotten started and any efforts to purchase the church, create programming in it, or add it to the National Register of Historic Places would be a long way off.

She said the society may be open to the idea of charging a small admission fee to non-members visiting the museums to help offset future costs rather than continually approaching CPC for help. Look for more on this issue in an upcoming edition of the Mariner.

Follow Amanda on Twitter for updates: @MarinerAmandaT

GETTING INVOLVED

Town committee welcomes democrats

The Cohasset Democratic Town Committee will hold its next monthly meeting on Saturday, Feb. 4th, at 9 a.m. at the Cohasset Library.

They invite and welcome any registered Democrat interested in civic engagement to join them at their monthly meetings. The committee is made up of local, civic minded Democrats who are elected on the town ballot every four years during the presidential election. Their first commitment is to support worthy Democrats running for public office on the local, state and federal level.

Come find out about the committee's many other civic and political events held throughout the year including the annual, Trivia Night scholarship fund raiser in April. Other events and activities include Friday night movies which focus on social, political and environmental issues, public interest forums, food pantry drives and candidate nights.

Monthly meetings are held in the Meeting Room

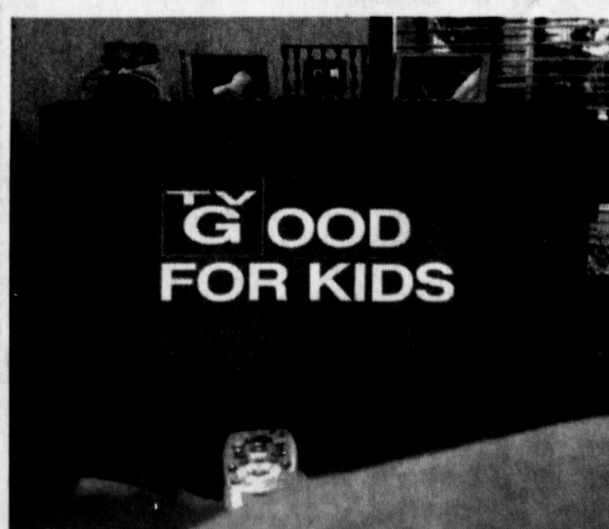


From left: Cohasset Democratic Town Committee members Lindsay McGrath, Bob Deutsch and Gail Collins help at the committee's regular food drives for the Cohasset Food Pantry. COURTESY PHOTO

of the Paul Pratt Memorial Library on the first Saturday of the month at 9 a.m. Please join them!

For photos, events and

more information please follow them on Facebook at: Facebook.com/CohassetDemocrats/.



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AROUND TOWN

Cheering for a Super Bowl win!

Go Pats!

Hello Cohasset and welcome to the month of February 2017! Finishing up a small bit of snow as I write this and then, away it will go but from what I am hearing it will be a bit cooler than it has been as we head towards the all-important Super Bowl Weekend, GO PATS! I hope that everyone will have a great time with friends and family celebrating this fun-filled and exciting game, especially with our beloved Patriots playing. Regardless of what that plump 'Ole Groundhog Dude sees, shadow or not, everyone will be ready to party and have fun. Get your favorite tailgating recipes ready, grab your drinks, your Pats garb/gear, family and friends and cheer for a Super Bowl win!! Have a great week Cohasset 1-4-3.

Free seminar

Tired of feeling achy and sore? Want to look ahead and find some ways for a pain-free way of living? On Friday, Feb. 11th, from 3 to 4:30 p.m., the Balance Studio is offering a free seminar called Introduction to Everyday tools to Sustain & Create a Pain-Free Life. Kellie Lynch (owner of Balance Studio), Kate Krumsiek (certified Yoga Tune Up expert) and Cindy Doody (Neuro-muscular and Massage Therapist) form a panel of experts to share their professional and personal methods at creating a pain-free body. They will highlight knowledge and awareness using practical and real life strategies for a healthy lifestyle. All are welcome to attend. Please register



JENNIFER PIEPENBRINK

online to guarantee space: balancestudio@cohasset.com or call the studio 339-337-3660.

Quilt Show

Second Congregational Church of Cohasset's 23rd Annual Quilt and Textile Art Show will be held on March 4th, from 1-4 p.m. If you have a quilt of piece of textile art that you would like to show, contact Susi Coley at scoley@comcast.net or call 781-383-6160 for an entry form. Entry forms are due no later than February 12th in order to publish the show brochure. Tickets to the show are \$15 for adults and \$8 for children under 16 and include a mouth-watering array of decadent desserts served in a formal setting with tea, coffee and beverages.

This year the show is open to facilitating the sale of your work on March 4th if you would like to do so. Second Congo would receive a 5 percent fee of your total sales. You may show up to 4 pieces and they are happy to display business cards for your businesses as well.

Winter fun

Winter Fun and Exploration at Holly Hill Farm will take place on Wed, Feb. 22nd from 9 to 12 pm. Come see what is happening at Holly Hill Farm in winter. You will spend a morning visiting the animals, get

your hands into some worm-rich compost, take a walk in the woods and sow some early seeds for spring. We will see what the farmers are busy doing and lend a hand. Adults are welcome to stay for any part or all of the program. The program is designed for ages 6-10 and costs \$30 members, \$42 non. Register by email or call: (781) 383-6565 or email: jbellerhollyhill@hotmail.com

UConn

Maya Placek, of Cohasset, was named to the fall 2016 dean's list at the University of Connecticut. Congratulations, Maya!

Colby College

Some great news from Colby College! The following local students were named to the Dean's List there for outstanding academic achievement during the fall semester of the 2016-17 year. To qualify for the Dean's List, they had to earn a semester grade point average of 3.75 or higher.

Zoe Gibson is a member of the Class of 2017. She attended Choate Rosemary Hall and is the daughter of Denise Gibson of Branford, Conn., and Mark Gibson of Cohasset.

John Leahy is a member of the Class of 2017. He attended Cohasset Junior-Senior High School and is the son of Gina Leahy of Cohasset, and Edward Leahy of Westwood.

That's the news for the week Cohasset. Send in next week's news by 5 p.m. on Tuesday. EMAIL: aroundtowncohasset@yahoo.com

LIFE AT CHS

Model UN was a great experience

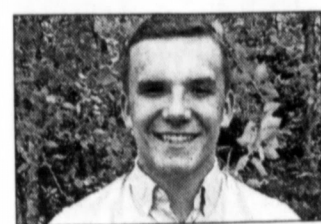
Another week passed without a snow day but our resolve remains high as CHS morale leans on one another for support. The tough times will be temporary, as I know snow will be on its way. With that digression, Cohasset High remains relatively the same, with academic excellence and athletic achievements abundant.

This past weekend many CHS students of all ages throughout the high school, myself included, attended the Harvard Model United Nations at the Prudential Center in Boston.

This four-day event allowed students to meet an array of other teenagers from all over the world and act in mock United Nations committees. Each person represented an individual country and the majority of the meeting dealt with policy making and attempting to solve the many problems that affect our international community.

To my fellow underclassmen, I highly recommend attending these conferences since not only do you add a valuable piece to your college resume, but learn vital lessons on the diverse and complex world, which we are apart.

Boys Basketball lost a nail-biting game against Mashpee that went into double overtime. Our Skipper Super Fans engaged in a white out in the stands while they cheered as our local boys



CONNOR CURRAN

faced the Falcons and unfortunately lost a close one. With Mashpee gathering a competitive team this year, Cohasset looks to match against them later in the tournament run.

Girls Hockey have been on a role and I recently talked to Senior Captain Alex Martini after hearing of the qualification for tournament with her remarking, "We have a lot of depth and heart which has allowed us to be so successful and our goalie, Sarissa Fazio, is the backbone of our team".

The joint Cohasset-Hanover team doesn't allow town boundaries stop them from dominating on the ice with their record being 10-2-1. Hopefully their puck skills will continue as playoffs draw near.

This release of grades on Tuesday marked the end of the first semester in which students are half way through their school year. As for our elder Skippers, known to many as the Class of 2017, the end of the first semester is of a bittersweet note.

While the completion of yet another semester is under our belts, it seems this last high school semester will be over in a minute. Whether someone wants to be in college

This four-day event allowed students to meet an array of other teenagers from all over the world and act in mock United Nations committees.

as fast as possible or to live on in their Cohasset High glory for another year, this new semester will bring change for all pupils, especially the senior class.

And of course you already know, the New England Patriots play in the 51st Super Bowl this Sunday with this win arguably the most important of them all. To prove wrong all the incompetent people at the National Football League Headquarters for all the incomprehensible hardships they've brought upon this great New England region. Sunday will be our payback and I cannot be any more excited. I hope you will be wearing your Pats gear and cheering them on half as loudly as myself, for as always, Brady be with you, IN BELCHICK WE TRUST.

Connor Curran is a senior at Cohasset High School and a regular Mariner columnist.

DON'T MISS THIS



Holding the Girl Scout banner, from left: Meg Dugan, Justine Najjar, Julia Willette, Maggie Young, Chrissy McMillin, Elaine Wixted, Miranda Schmidt, Nora Cunningham, and Maddy Milanowski. COURTESY PHOTO

Girl Scout Cookie booths on Super Bowl weekend!

Girl Scout Cookies have been on sale since Dec. 9 and the selling season is coming to an end. For those who have not yet purchased these delicious cookies, then head to one of the cookie booths this weekend.

Cohasset Girl Scouts will be selling at Shaw's this Saturday (Feb. 4) and Sunday (Feb. 5) from 11 a.m. to 3 p.m., and at Stop & Shop Sunday (Feb. 5) from 10 a.m. to 4 p.m. Cookies are \$5 a package. Cookie types are: Thin Mints, Caramel Delites, Peanut Butter Patties, Lemonades, Thanks-A-Lot, Peanut Butter Sandwich,

Shortbread, Gluten Free Peanut Butter Chocolate Chip and the new flavor this year is S'Mores.

The money raised from cookie sales and donations allows the girls to do amazing activities and go on educational field trips. The 7th grade Girl Scouts have had a busy year so far and have many activities planned for the Spring. The girls have been Fall camping, went through a tall tree ropes course, zip lining, archery, canoeing, and visited a farm to learn how to make soaps and lotions. At meetings they focused on the Presidential election, had a

debate and conducted their own vote.

On Monday (Feb. 6), the girls are heading to Cardigan Nursing Home to work with the residents on aromatherapy and to enjoy their company. Spring is even busier with cooking classes, horseback riding and another fun-filled camping weekend.

If you would like to support the Girl Scouts and cannot get to a cookie booth, then you may order cookies via: cohassetcookies@gmail.com. A 7th-grade Girl Scout will hand deliver your order.

SCITUATE SHELTER

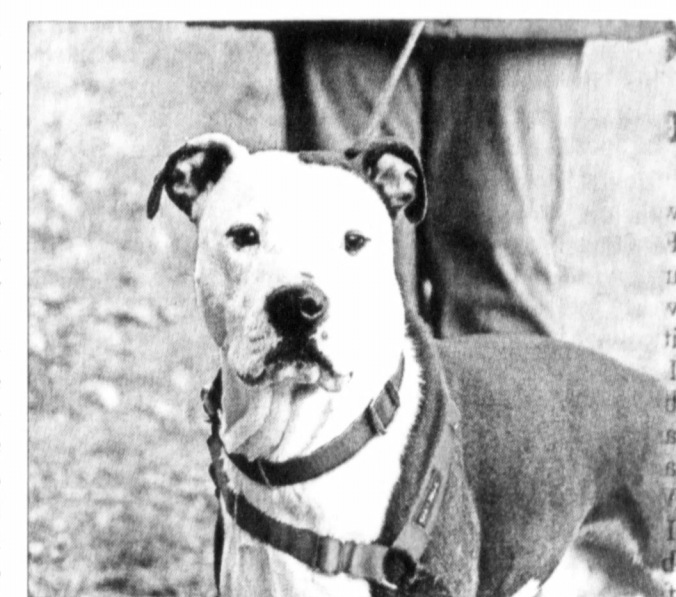
Valentine's to support homeless pets.

Animal lovers: this Valentine's Day, send some love to an animal who could really use it: one of the pets awaiting homes at The Scituate Animal Shelter. Your \$5 donation will help bring love and care to more pets this Valentine's Day -- and every day throughout the year.

The Shelter is selling Valentine's hearts for pets like Ratchet, an American Bulldog mix who ended up at the Shelter because his owners moved and did not take him along. Or PJ, a 10-year-old cat who had to be moved to foster care because she was extremely anxious in the shelter setting.

The Valentines are available at the Shelter during open hours, or online at: ScituateAnimalShelter.org.

"We're finding some people who want to send a Valentine from their own pet, since many of those pets were homeless at one point themselves," says Executive Director Maryann Regan.



Ratchet is looking for some love this Valentine's Day. COURTESY PHOTO: RICH MCQUEEN

"It's a fun way to celebrate Valentine's Day and to do some good at the same time." The Scituate Animal Shelter found homes for 552 animals from all over the state last year, a huge leap from the previous year's record high of 440. The charity also helps senior pet owners with in-home care, has a pet food

pantry, conducts human education outreach programs, and has worked extensively to keep the South Shore stray cat population in check.

Information: marketing@scituateanimalshelter.org

DON'T MISS THIS

Buttonwood joins kindness campaign

Buttonwood Books and Toys embraces #choosekind, a campaign created by "Wonder" author R.J. Palacio, to celebrate the fifth anniversary of the book's release Feb. 14.

Friends and Fans are spreading the word honoring the event by asking people everywhere to choose to be kind. The social media hashtag is

#choosekind. Visit choosekind.tumblr.com and take the pledge!

The goal is to encourage a kind deed and make kindness an action verb. Buttonwood has set up a "Kindness Center" at the store. Everyone who shares their act and posts their deed on the Buttonwood kindness tree, from now until Feb. 14, earns

a book for RTR, Road to Responsibility, a non-profit organization that helps to train people with disabilities to be productive members of our society.

Please call Buttonwood at 781-383-2665 or visit buttonwoodbooksandtoys.com if you need additional information.

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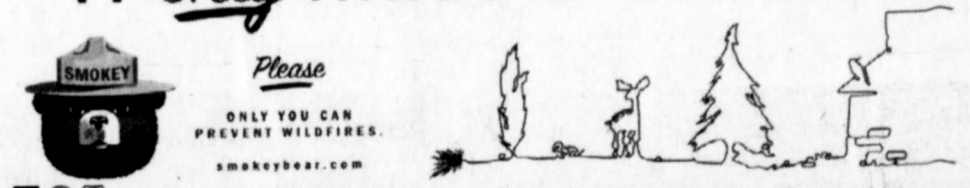


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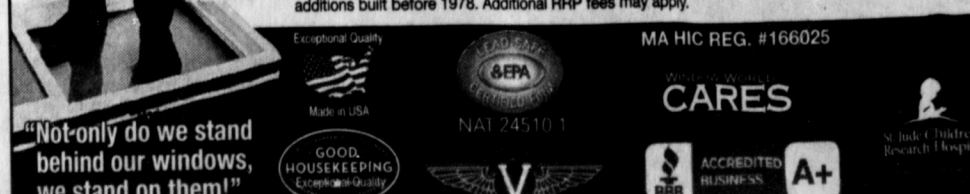


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STUDIO

From Page A1

who used to buy houses from the state for a dollar in order to transform them. This time around, she's working with Hoadley Martinez Architects, a local firm, and Gledhill Construction, also local.

"They have the same vision I do of honoring the space but also giving it a nice, new, modern feel," Williams said.

Demolition is already in progress, with construction slated to ramp up toward the end of February. Williams expects that at least the main building will be done sometime in June.

The three buildings, originally built in the 1800s to supply electricity to all the town's streetlights, need a complete rehab. Williams arrived on site the other day to find the floor torn up and water pooling underneath it. The property will need septic, heat, water, and

electrical systems. Only the bare skeletons of the original buildings will be salvaged.

Despite the amount of work that the property requires, Williams has had a vision for it since she moved to Cohasset eight years ago. She requested a tour the moment it went on the market. An unexpected view of Sanctuary Pond behind the buildings clinched the deal.

The main building will become living space, with bedrooms on the first floor and one on the to-be-added second story. Williams said that adding a second story, which was once a feature of the original structure, will offer a view of the pond, with the natural beauty of hawks and swans juxtaposed next to the urban fixture of the commuter rail train tracks.

The rear building, destined to become Williams' art studio, has 14-foot ceilings and industrial, reinforced glass windows. Soon it will have barn-like vertical siding consistent with the

feel of the town.

The building itself will be a project, but when it's done, Williams looks forward to using it for sculpting and larger public art projects. She also hopes to share the space with her artistic friends, though not on a rental basis, since the property isn't zoned commercially.

Instead, the focus will be on community and paying it forward. The neighbors seem to be in favor and are glad to see something being done with the decrepit old buildings, according to early conversations with Williams.

The third and final building is a concrete block with giant garage doors, which Williams hopes to transform into a yoga studio - again, not for business purposes, but just for her own practice and to share with friends.

The result will be what Williams called a "multipurpose arts space," complete with a sculpture garden where she and others can

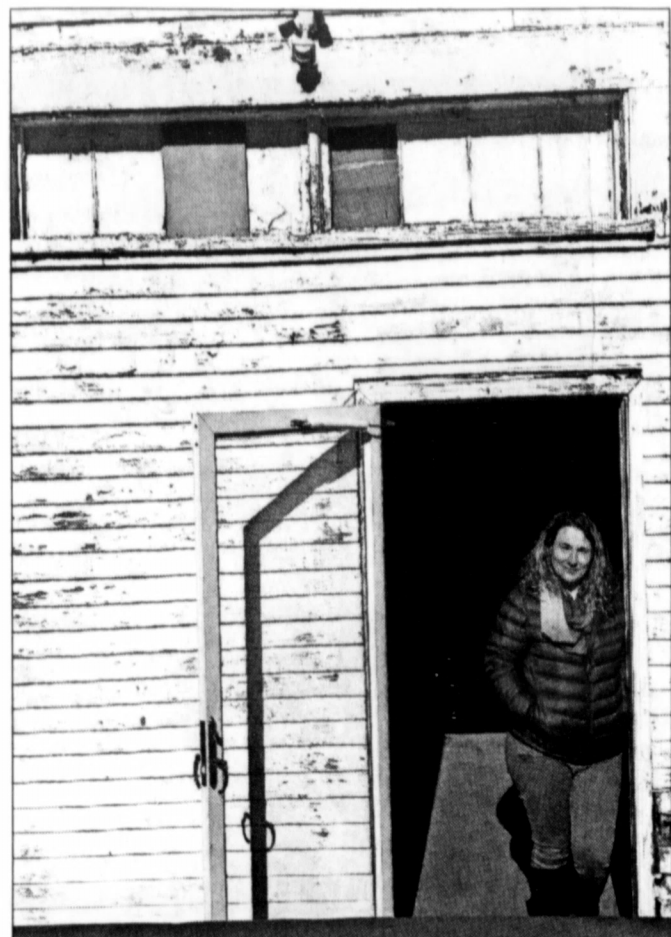
display their works.

"There's all sorts of things you can do to make this Earth a better place with what you have at hand," said Williams, and that's exactly what she's doing by transforming this eyesore into something beneficial for both herself and for her community.

Currently, Williams makes fine stone jewelry and other art projects in the old barn behind her Doane Street home. Visit BoundEarth.com to see some of her past creations. But looking ahead, the 20-by-20 square foot space no longer fits her artistic goals.

"I've been a jeweler for over 20 years," said Williams. "I'm at a point in my career and spiritual life that designing jewelry for the rich and famous has lost its luster. I want to do something that better serves the greater good."

Follow Amanda on Twitter for updates: @MarinerAmandaT



Andrea Williams stands in the back doorway of her future house, the main building at 365 North Main Street. WICKED LOCAL STAFF PHOTO BY AMANDA C. THOMPSON

KINDNESS

From Page A1

imagine if a train were stuck on the rails at South Station. This blockage could stop all the other trains from getting around it and compromise the function of the entire transit system.

In the same way, a blockage in the cranial cervical junction can gum up the entire bodily system, since all the nerve tracks leaving the brain pass through it.

Remove the blockage,

said McCarthy, and normal operations will resume. That's what specific chiropractic does, and that's what his team of 10 will be bringing to Colombia on April 7 through 14. The trip is coordinated through the Times Square Church missions program.

"The purpose of going is that there aren't very many specific chiropractors practicing in the world," said McCarthy, a 2007 graduate of Cohasset High School. "It's less than 1,000. Our goal is to help people and be

ambassadors for this natural form of healthcare that they definitely don't have in Colombia. Yet."

The chiropractors will run tests to measure the function of patients' brain stems and, if they discover a blockage, do a decompression procedure to alleviate it.

McCarthy has a specific chiropractic practice in the James Brook Shoppes at 1 Pleasant Street in Cohasset Village.



John McCarthy, a Cohasset High School alumnus, returned from California to start his own chiropractic practice in Cohasset, located in the James Brook Shoppes at 1 Pleasant St. WICKED LOCAL STAFF PHOTO BY ALYSSA STONE

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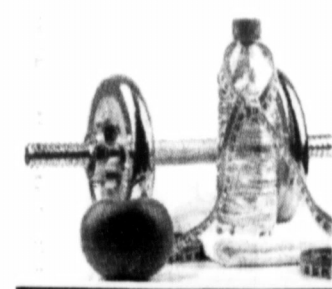
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2017



HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2017

LIFESTYLE

Personal transformation

Mind, body, spirit

By Beth Doyle
bdoyle@wickedlocal.com

January is often the time of year for self-reflection - a look at where we are and where we want to be, whether personally or professionally, or in relation to fitness or finances.

Truth be told, though, personal reflection can happen any time of year, and, often, that reflection inspires a journey that unfolds over time and involves our mind, body and spirit.

Plymouth resident Paula Harris, formerly of Duxbury, has been on that journey for the past few years.

"I was very community-focused and wasn't taking care of myself," Harris, the co-founder of WH Cornerstone Investments, said.

This isn't surprising, considering her extensive involvement in a variety of community organizations ranging from the Plymouth Philharmonic Orchestra to the South Shore Chamber of Commerce, the Duxbury Free Library and Holy Family Parish.

And although Harris' journey resulted in a focus on her personal life and improved health, it started with an increased involvement in her faith.

"I started with faith. A few years ago, a friend said to me, 'I didn't even know you were Catholic,'" Harris recounted. "I realized I never let my faith light shine. I started going to church when the new year started, and with Lent, Father Bob Deehan suggested, 'Instead of giving something up, add something. Come to church every week during Lent.' When Lent ended, I liked going, and then I kept going."

This renewed effort to practice her faith resulted in other small changes.

"I made other changes because of that. On Saturday night, since I was getting up early on Sunday for the first Mass, I was going to bed earlier, foregoing that extra drink," Harris said.

The following October, Harris lived Cursillo, a three-day retreat that focuses on showing Christian lay people how to become effective Christian leaders through personal spiritual development.

She continues to nurture her faith as a lector in church and vice-chair of the parish council, and with practices like reading a daily email from Mike Dooley, a New York Times best-selling author, founder of TUT.com and Notes from the Universe, and a world-traveler who speaks on life, dreams and happiness.

"His Message from the Universe is very positive."

"The importance of quiet time. Previously shouldering a



Paula Harris

It's all about having positive thoughts, and then your thoughts become things," Harris said.

Mind and body

Harris continued her transformational journey during a trip with her husband, Bill, to Palm Springs to participate in a six-day program presented by Tony Robbins, a life success coach dedicated to helping people achieve their dreams.

"It didn't focus on business," Harris said. "It focused on aspects of personal life."

During the program, one of the exercises was to set long-term goals.

"I realized if I didn't have my health, I couldn't achieve any of these goals," she said.

So Harris began treating with Duxbury chiropractor Dr. Katina Manning, of Well-spring Chiropractic Center. "She changed my life," Harris said. "I've been seeing her for the past three years. She has been a Godsend."

"She started me on nutrition and understanding my body, and listening to and feeling what my body was telling me. She helped me understand about food inflammation. After I did a blood test and found some foods inflamed my body, I eliminated them. Weight just started to fall off, and I started to have so much more energy. I started to feel like a different person."

The importance of quiet time. Previously shouldering a

busy schedule, Harris has realized the importance of quiet time.

"One of the things I realized was that you need to be in the classroom of silence to hear and understand what your purpose is. When you're in a frenzy of activity, you can't hear," Harris said.

Harris finds some of this quiet time during prayer at daily Mass. Another part of her daily routine is a 30-minute walk outside.

"I'm trying to create that quiet space and figuring out how I'm going to be of service to others in my personal and professional life. Through the quiet time, I'm starting to reprioritize my life regarding who's most important, and what's most important," she said.

Another point vital to finding that quiet time?

"I'm learning to say 'no,' and that 'no' is a complete sentence, which we all need to remember," Harris stated.

Additional resources

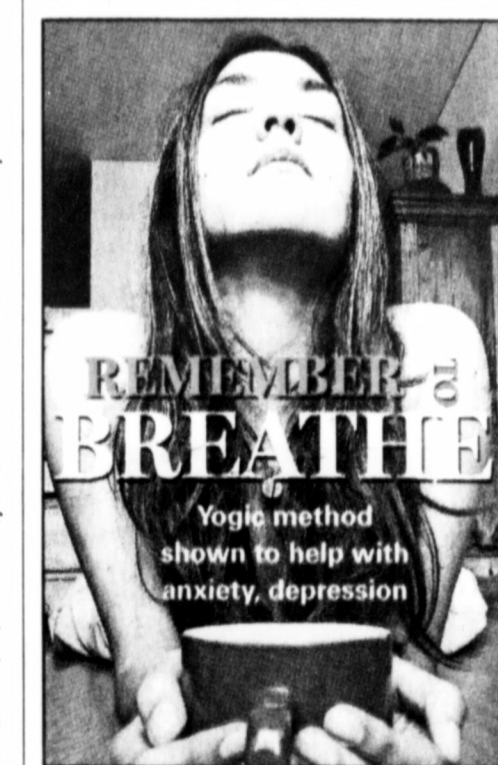
Harris also sees a nutritionist and visits a clinic in Newton that uses the EgoSue Method to get her posture in alignment.

Her goal?

"To be as healthy and energized as possible," she said. "I'm learning the art of self-care."

Paula Harris, co-founder of WH Cornerstone Investments, is a past president of the Plymouth Philharmonic Orchestra, the 2012 chairman of the board for the South Shore Chamber of Commerce, past president of the Duxbury Free Library INC board and a former elected Trustee for the Duxbury Free Library, and a member of the Community Garden Club of Duxbury, Holy Family Parish, Plymouth Yacht Club, Board of Trustees of NVNA and Hospice and an advisory board member of empowerHER.

HEALTH



PHOTO/PIXABAY.COM

By Melissa Erickson
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Take a deep breath. It might make you feel better. A new study found that a specific kind of yogic breathing can help calm anxiety and alleviate depression, according to researchers at the University of Pennsylvania. The research suggests that a comprehensive yoga-breathing-based program may be a promising new low-cost therapy for improving mental health and well-being.

Supplement to meds

Anxiety disorders are the most common mental illness in the United States, affecting 40 million adults 18 and older, or 18 percent of the population, according to the National Institute of Mental Health. About 37 million Americans practice yoga as a way to feel relaxed, be more flexible, get rid of stress and promote a positive self-image, according to the 2016 Yoga in America study.

This new study, published in the Journal of Clinical Psychiatry, found that a breathing-based meditation practice known as Sudarshan Kriya yoga helped alleviate severe depression in people who did not fully respond to antidepressant treatments. In the study, researchers found significant improvement in symptoms of depression and anxiety in medicated patients with major depressive disorder who participated in the breathing technique compared to medicated patients who did not participate.

A rhythmic breathing technique, Sudarshan Kriya is a simple yet powerful way to draw an individual into a deep state of meditation.

"Sudarshan Kriya yoga gives people an active method to experience a deep meditative state that's easy to learn and incorporate in diverse settings," said Dr. Anup Sharma, a neuropsychiatry research fellow in the department of psychiatry at the University of Pennsylvania's Perelman School of Medicine.

More than half of the 41 million Americans who take antidepressants do not fully respond to the medication, the researchers noted. Add-on therapies are often prescribed to enhance the effects of the drugs in these patients, but they typically offer limited additional benefits and come with side effects that can curb use, prolonging the depressive episode. What's more, patients who don't fully respond to antidepressants are especially at risk of relapse.

"With such a large portion of patients who do not fully respond to antidepressants, it's important we find new avenues that work best for each person to beat their depression," Sharma said. "Here, we have a promising, lower-cost therapy that could potentially serve as an effective, non-drug approach for patients battling this disease."

How it works

The meditation technique, which is practiced in both a group setting and at home, includes a series of sequential, rhythm-specific breathing exercises that bring people into a deep, restful and meditative state: slow and calm breaths alternated with fast and stimulating breaths. Past studies have found that yogic breathing benefits people suffering from milder forms of depression, depression associated with alcohol dependence and major depression.

"The next step in this research is to conduct a larger study evaluating how this intervention impacts brain structure and function in patients who have major depression," Sharma said.

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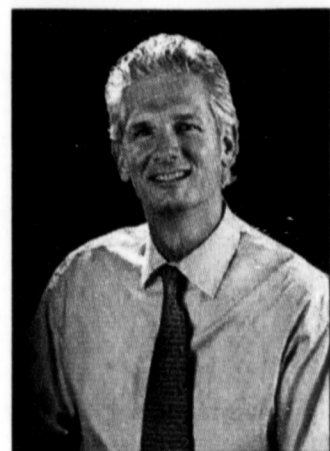
GATEHOUSE MEDIA

Meyer to lead GHMNE publications

By Staff report

RANDOLPH - Peter Meyer, regional vice president for GateHouse Media and president and publisher of the company's businesses on Cape Cod and South Coast, will assume additional leadership responsibility for GateHouse Media New England, publisher of six dailies, 98 weeklies, 164 Wick Local websites and assorted specialty publications, Bernie Szachara, president of GateHouse Media's Eastern U.S. Publishing Operations announced Jan. 27.

The combined entity will include publications in Cape Cod, Portsmouth, New Bedford, Worcester, Fall River, Taunton, Quincy, Brockton, MetroWest and Milford, along with the



Peter Meyer

numerous Massachusetts weekly publications across eastern Massachusetts.

Meyer was named president and publisher of the Cape Cod Times in 2003 and added responsibility for SouthCoast Media Group in 2008. He expanded responsibilities in 2015 as regional VP for GateHouse Media. Cape

Cod has been home since 1986, when he joined Cape Cod Times as production director and later served as its general manager and assistant to the publisher. Before moving to the Cape, Peter was with Dow Jones & Company, Inc. at Wall Street Journal publishing facilities in Maryland, Massachusetts, Pennsylvania and California.

Meyer earned an MBA from Suffolk University and BS degree from Western Michigan University. He serves as president of the Cape Cod Times Needy Fund and is on the board of the Kelley Foundation and Massachusetts Newspaper Publishers Association. He is a past board chairman for Cape & Islands United Way and served on the board of several local nonprofit organizations, including Cape Cod Conservatory of Music and Art, Horace Mann Charter School, Cape Cod Community College Foundation, Osterville Rotary Club, Hyannis Area Chamber of Commerce, Cape Cod Symphony Orchestra and the Joshua A. Nickerson Society. Meyer is a past recipient of the Hyannis Area Chamber of Commerce Patrick M. Butler Community Service Award.

Meyer and his wife Jeanne live in Osterville. They have three children, all graduates of Elon University in North Carolina.

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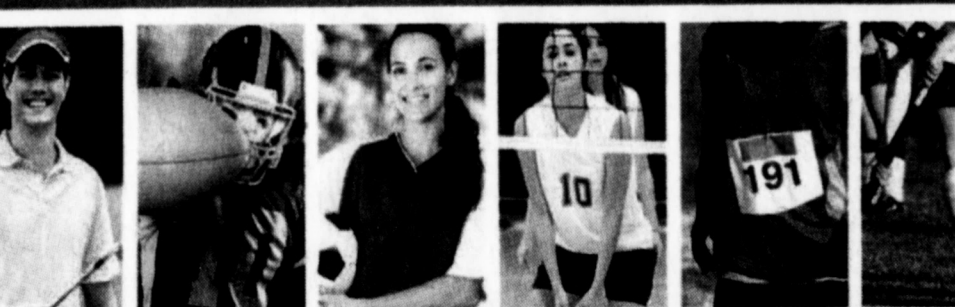
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HEALTH

Living Well: A Mind Body Retreat

On Saturday, Jan. 28th, Balance Studio in Cohasset and the Center for Integrative Counseling & Wellness in Hingham hosted Living Well: A Mind Body Retreat at the Glastonbury Abbey in Hingham. This all day event featured 15 workshops, interactive lectures and movement-based classes led by over a dozen professionals from a wide range of wellness disciplines: over 50 men and women of all ages participated in this inaugural retreat. Hosts Kellie Lynch, Balance Studio owner, and Barbara Green, PhD and founding partner of The Center for Integrative Counseling & Wellness, created the retreat so people of all genres could learn about and engage in better lifestyle habits.

The workshops included:
■ Kundalini Yoga
■ Stress & Relaxation
■ The Fundamentals of Establishing a Mind-Body Yoga Practice
■ Creating an Integrated Mental Health & Physical Health Lifestyle
■ Reducing Stress & Anxiety through Mindful

Meditation

■ Living Positively with Anxiety
■ Nutrition Seminar: Is Gluten Free for Me?
■ Introduction to Pilates: Core Strength and Spinal Mobility
■ Just Breathe
■ Yoga Nidra
■ Yoga for Anxiety & Depression
■ Mindful Parenting
■ Energy Medicine & the Art of Healing
■ Paving a Path to Wellness
■ Rebalance with Yin Yoga and Acupuncture

"Creating a healthy lifestyle is more than exercise and diet or a New Year's resolution" states Lynch, "This retreat is a unique opportunity for people to learn about a variety of topics proven to benefit the mind, body and spirit. Adopting more healthy emotional and physical behaviors from wellness experts was one of our goals" concludes Lynch, "and doing it with like-minded individuals is just that much more fun!"

Green, recalled, "Kellie and I wanted to connect what she does at Balance Studio and what the Center does in terms of

health as a state of mind and wellness as a state of being. We wanted a retreat that serves as an immersion for people to develop their own wellness practices both mentally and physically."

"Living Well: A Mind Body Retreat" offered the community an opportunity to discover a sampling of styles of physical and mental health and wellness practices. Green stated, "The goal of the retreat was to give attendees a chance to understand and experience the core aspects of a wellness lifestyle. We selected topics and classes that afforded them an opportunity to pick and choose based on personal preference and interest." Lynch added, "We are excited to host this type of retreat for our community and look forward to continuing to inspire and educate in ways of good health and wellness." Save the date for the next Living Well Retreat tentatively scheduled for April 29th.

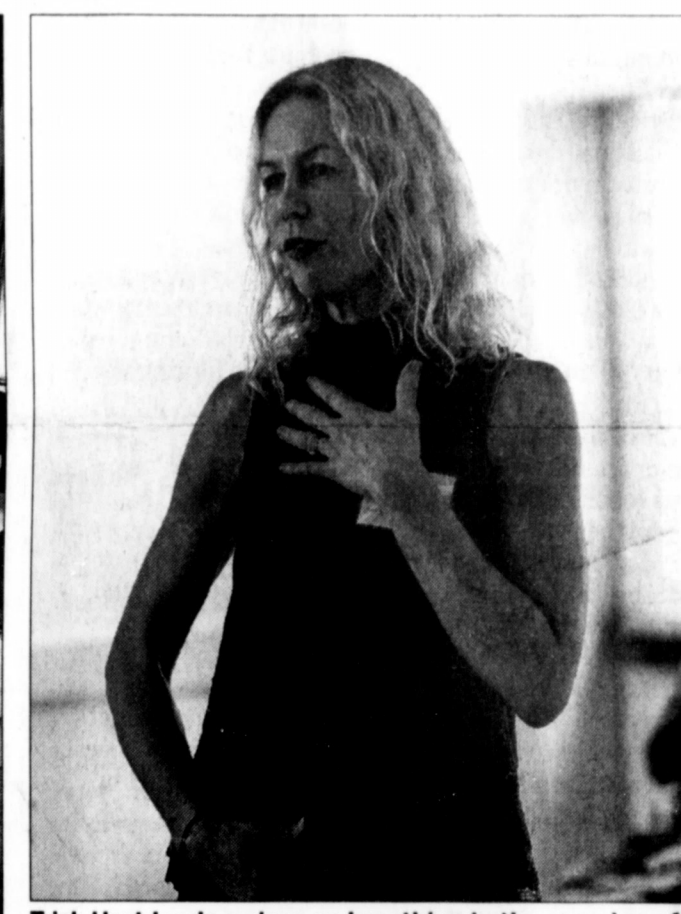
Staff photos by
Alyssa Stone



Kristen White of Boston has rheumatoid arthritis but noticed the swelling went down significantly during the Trish Hart class with Trish Hart.



Kellie Lynch teaches an intro to Pilates with core strength and mobility focus during the wellness retreat.



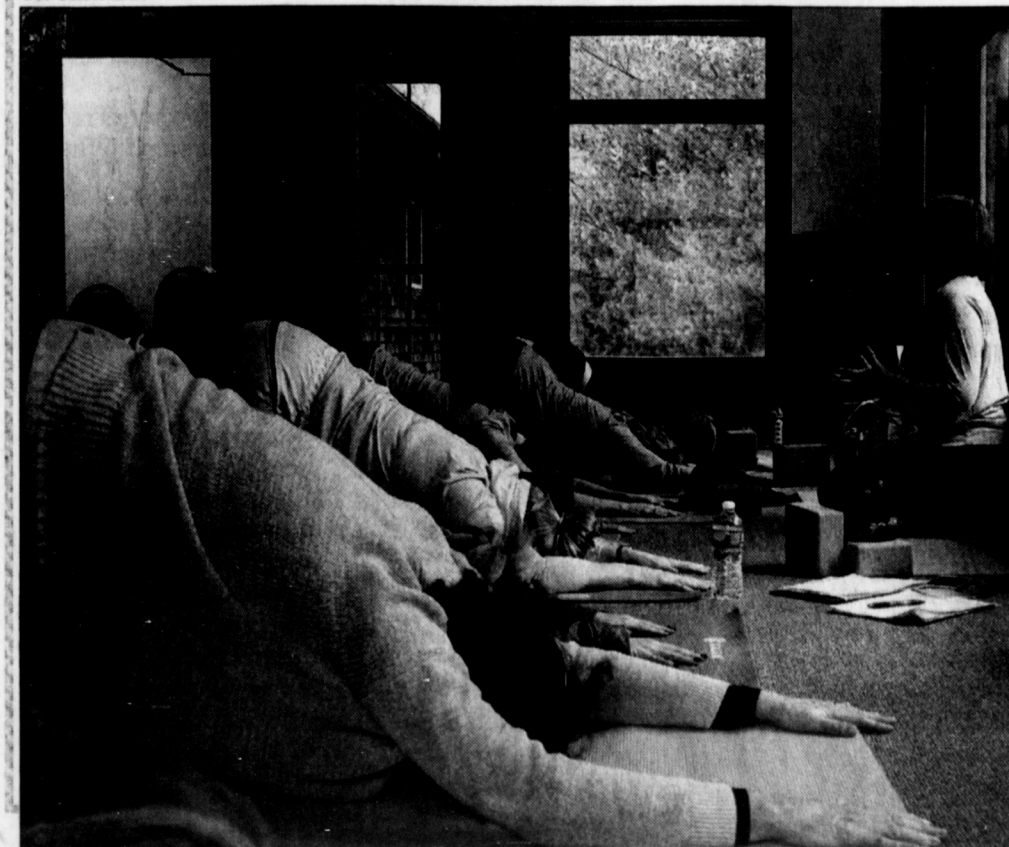
Trish Hart leads a class on breathing in the morning of the all day retreat at Glastonbury Abbey on Jan. 28.



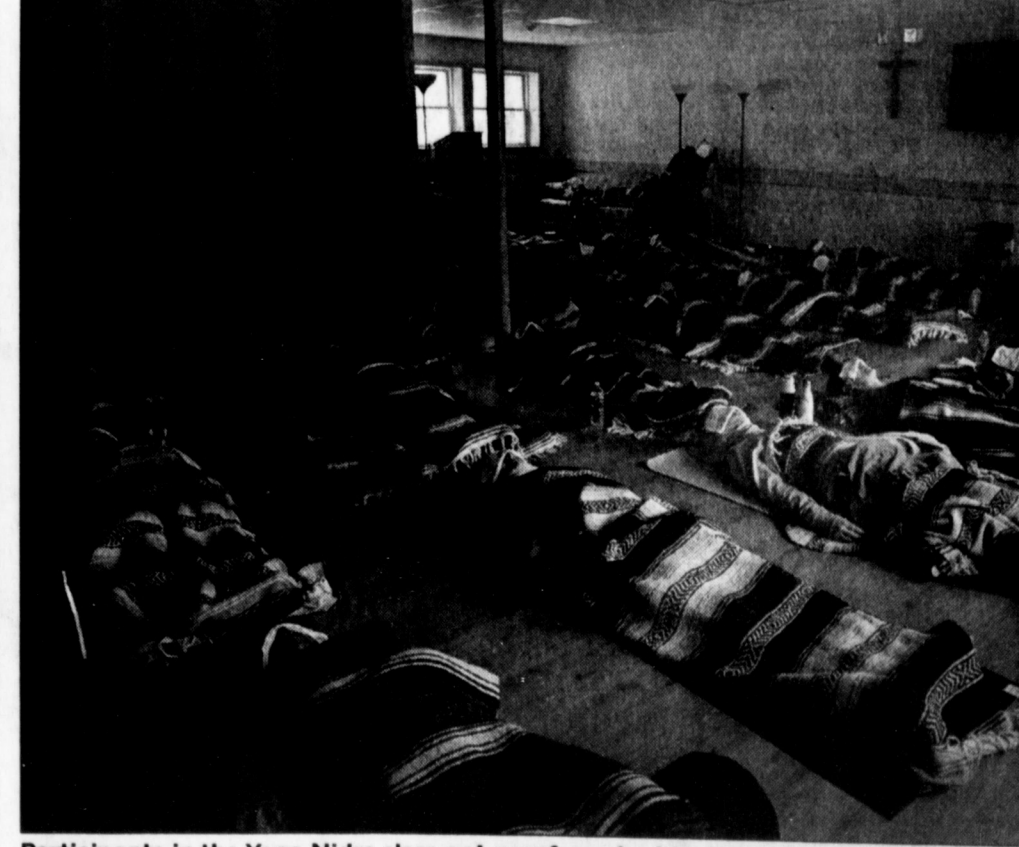
Organizers Barbara Green, co-founder of the Center for Integrative Counseling and Wellness, Jen Wilms, a teacher at the Center and at Balance Studios, and Balance Studio founder Kellie Lynch during the all-day wellness retreat at Glastonbury Abbey on Jan. 28.



Chris Johnson of Hingham exhales deeply during a breathing exercise.



Jen Wilms leads a yoga practice for anxiety and depression.



Participants in the Yoga Nidra class get comfy under blankets and place lavender scented, warm towels over their faces.

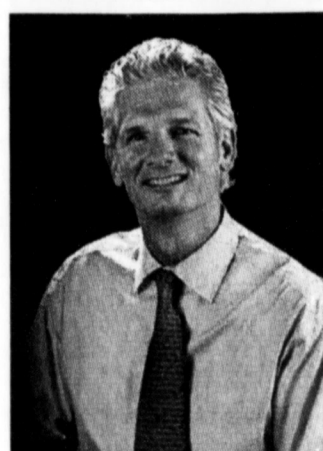
GATEHOUSE MEDIA

Meyer to lead GHMNE publications

By Staff report

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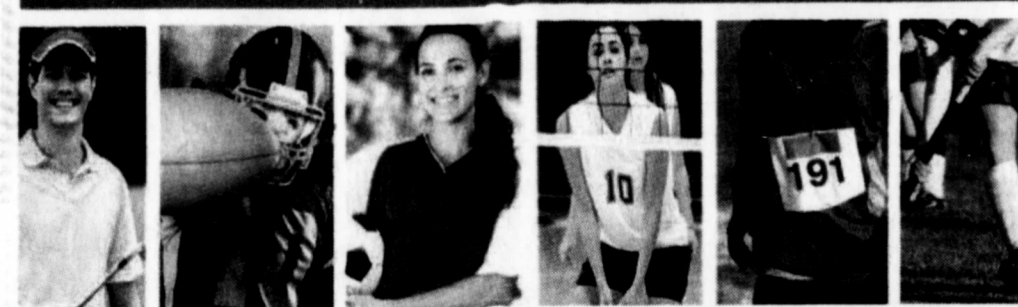
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HEALTH

Living Well: A Mind Body Retreat

On Saturday, Jan. 28th, Balance Studio in Cohasset and the Center for Integrative Counseling & Wellness in Hingham hosted Living Well: A Mind Body Retreat at the Glastonbury Abbey in Hingham. This all day event featured 15 workshops, interactive lectures and movement-based classes led by over a dozen professionals from a wide range of wellness disciplines: over 50 men and women of all ages participated in this inaugural retreat. Hosts Kellie Lynch, Balance Studio owner, and Barbara Green, PhD and founding partner of The Center for Integrative Counseling & Wellness, created the retreat so people of all genres could learn about and engage in better life-style habits.

The workshops included:
■ Kundalini Yoga
■ Stress & Relaxation
■ The Fundamentals of Establishing a Mind-Body Yoga Practice
■ Creating an Integrated Mental Health & Physical Health Lifestyle
■ Reducing Stress & Anxiety through Mindful

Meditation
■ Living Positively with Anxiety
■ Nutrition Seminar: Is Gluten Free for Me?
■ Introduction to Pilates: Core Strength and Spinal Mobility
■ Just Breathe
■ Yoga Nidra
■ Yoga for Anxiety & Depression
■ Mindful Parenting
■ Energy Medicine & the Art of Healing
■ Paving a Path to Wellness
■ Rebalance with Yin Yoga and Acupuncture

"Creating a healthy lifestyle is more than exercise and diet or a New Year's resolution" states Lynch, "This retreat is a unique opportunity for people to learn about a variety of topics proven to benefit the mind, body and spirit. Adopting more healthy emotional and physical behaviors from wellness experts was one of our goals" concludes Lynch, "and doing it with like-minded individuals is just that much more fun!"

Green, recalled, "Kellie and I wanted to connect what she does at Balance Studio and what the Center does in terms of

health as a state of mind and wellness as a state of being. We wanted a retreat that serves as an immersion for people to develop their own wellness practices both mentally and physically."

"Living Well: A Mind Body Retreat" offered the community an opportunity to discover a sampling of styles of physical and mental health and wellness practices. Green stated, "The goal of the retreat was to give attendees a chance to understand and experience the core aspects of a wellness lifestyle. We selected topics and classes that afforded them an opportunity to pick and choose based on personal preference and interest." Lynch added, "We are excited to host this type of retreat for our community and look forward to continuing to inspire and educate in ways of good health and wellness." Save the date for the next Living Well Retreat tentatively scheduled for April 29th.

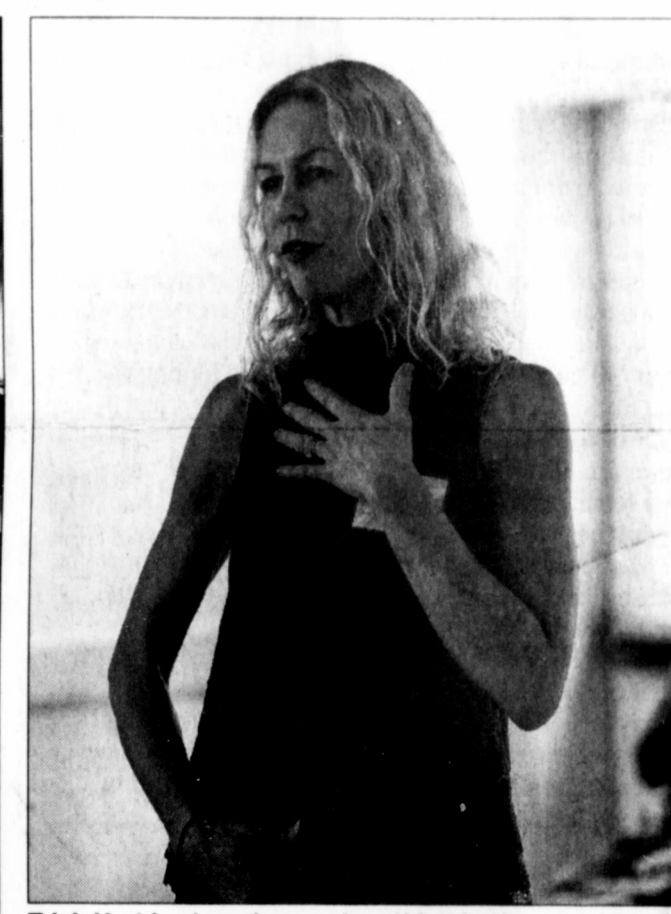
Staff photos by
Alyssa Stone



Kristen White of Boston has rheumatoid arthritis but noticed the swelling went down significantly during the Just Breathe class with Trish Hart.



Kellie Lynch teaches an intro to Pilates with core strength and mobility focus during the wellness retreat.



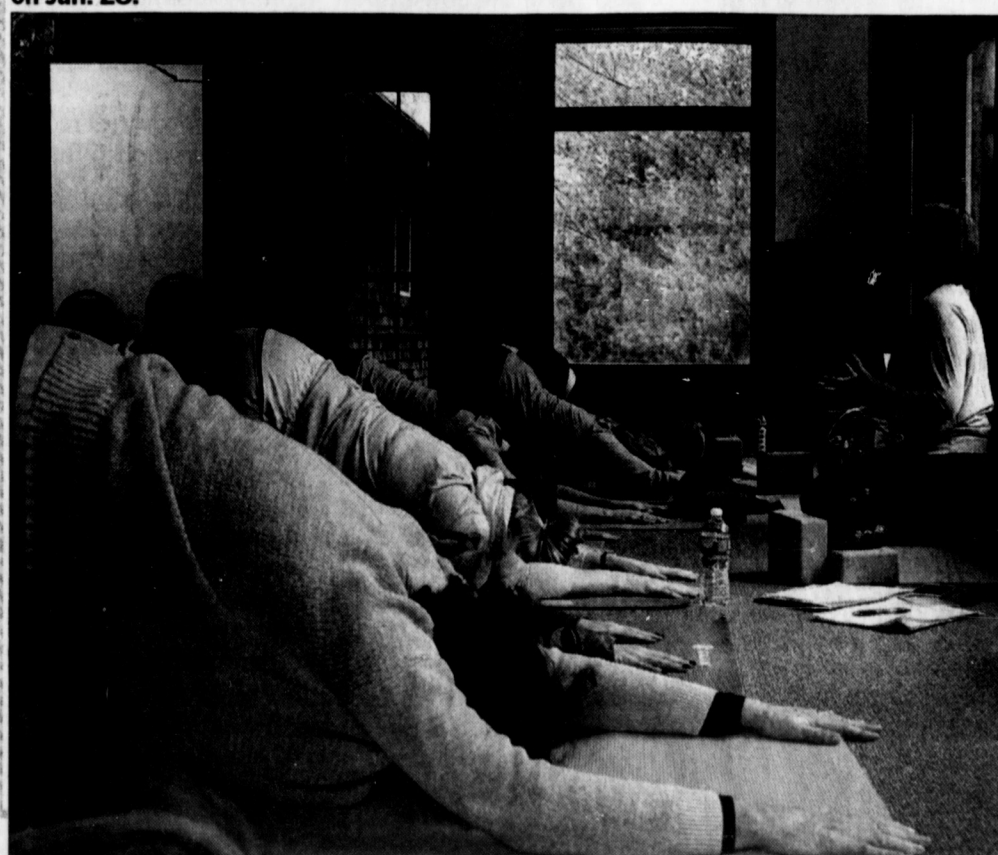
Trish Hart leads a class on breathing in the morning of the all day retreat at Glastonbury Abbey on Jan. 28.



Organizers Barbara Green, Co-founder of the Center for Integrative Counseling and Wellness, Jen Williams, a teacher at the Center and at Balance Studios, and Balance Studio founder Kellie Lynch during the all-day wellness retreat at Glastonbury Abbey on Jan. 28.



Chris Johnson of Hingham exhales deeply during a breathing exercise.



Jen Williams leads a yoga practice for anxiety and depression.



Participants in the Yoga Nidra class get comfy under blankets and place lavender scented, warm towels over their faces.

OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043. cohasset@wickedlocal.com, or fax to 781-741-2933.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Please help us in 'Building Community'

Even under the best of circumstances, it can be a tremendous challenge to figure out our place in a seemingly ever-more-divisive world. But one thing's for sure — if things are going to get better, it has to start at our homes and in our communities, working hand-in-hand with our neighbors. That's where change begins.

To that end, here at Wicked Local, we're making 2017 the year we try to help understand, foster and facilitate vital connections to the places we live, work and recreate. We're calling it "Building Community," and it will take stock in our communities on a variety of levels.

During the year, we aim to examine the key aspects of community-building: volunteerism, public safety, government, the arts, the nonprofit sector, public health, faith, criminal justice, the environment, education, the economy, charity, civic engagement, social networks and more, all with an eye toward how to intensify connections and bridge new ones.

But our journey won't stop with mere witness. We will work to help foster the deep connections that build communities. We'll ask you, our audience, how you feel about the place where you live and how we can help to make it better, closer-knit and more resonant.

Fortunately for us, deeply engaged people already look to news organizations to help them understand and interact with their

BUILDING COMMUNITY

communities. According to a study released by the Pew Research Center this past fall, civically engaged individuals are more likely to use and value local news than their less-involved counterparts.

Week in and week out, we highlight those parts of the community that make us who we are, and hopefully help to foster a sense of belonging among our readers. But we want to do more.

After all, at some point along our individual journeys, we all come unmoored and feel adrift. We hope Building Community can help ease that breach, empowering individuals through knowledge and recommendation, and enabling the path toward civic involvement. Information gives us the power to plug into our communities more easily.

Communities by their nature consist of a complex network of relationships. Building Community will sort through that network, focusing on forging new ties that bind each of us together.

Stay tuned for more information in the coming weeks, along with suggestions as to how you can offer input. In the meantime, if you have you ever asked yourself, "Where do I belong?" we have an answer: Right here, with Wicked Local, Building Community.

Cohasset Mariner

73 South St., Hingham, MA 02043
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COMMENTARY

Groundhog Day again at the Statehouse

By Peter J. Buckley

In Massachusetts who needs Punxsutawney Phil? Here in our one party state it's Groundhog Day all over again. Just one week before Phil emerges from his hole in Punxsutawney, Pa., Massachusetts' Democratic legislators crawled out of their offices to vote themselves a pay raise casting a long shadow of legislative arrogance and signaling a long winter of voter discontent. Where's Bill Murray when you need him? The more things change the more they stay the same.

All over the country legislators are heading the lessons of the 2016 elections by seeking to be more responsive to the constituents who

elect them. But in "big blue" Massachusetts our legislators must think it is time to double down on self aggrandizement by voting themselves an \$18 million pay raise package at a time when many families are struggling to cope with rising health care and educational costs.

Timing is everything. Why did the legislature do this so early in the session? For freshman legislators, like our new Democrat State Rep. Joan Meschino, this was their first official vote. Why is the legislature even talking about a pay raise before they have tackled the State's budget and any possible deficits that might have to be addressed? We can't know for sure, and I'm sure the legislators who enriched

themselves at our expense have some procedural explanation, but it seems like politics as usual — get the vote done now so it is forgotten by the time elections roll around in 2018.

Many of us like to remember and in some cases memorialize the first time we did something. Talk to any legislator and they will tell you the first vote they cast and their maiden speech on the floor of the legislative chamber are actions they will never forget. Recognizing the importance of her first vote I am sure our new State Rep Joan Meschino must have studied this pay raise issue with an extra level of scrutiny and attention.

How then could she possibly conclude that the people in her district approve of a pay

raise and stipend increase for legislators on Beacon Hill?

Our district Senator, Republican Pat O'Connor, voted against the pay hike bill and pledged to take any additional revenue that might accrue to him and donate it to charities in the district.

Unfortunately, as every February comes around we can't influence Punxsutawney Phil to get the weather outcome we desire. But our legislators should know that every action they take now will influence whether we vote for them every other November.

—Peter J. Buckley is the Republican State Committeeman for the Plymouth, and Norfolk District and a resident of Cohasset.

COMMENTARY

Which side of history will Cohasset stand on?

By Jack Buckley

On Monday, I sang the praises of Google for choosing to highlight Fred Toyosaburo Korematsu's 90th birthday. Korematsu, an American citizen by birth but an ethnic Japanese by heritage, lost his constitutional challenge in 1944 when he argued that the Supreme Court should rule unlawful an executive order allowing the U.S. military to round up people of Japanese heritage living on the west coast and corral them in camps where they could do no harm against U.S. interests as we executed our war strategy against Japan.

I wrote to local elected officials (Selectmen and School Committee) expressing my delight that such a towering figure in U.S. history was featured by Google. I expressed delight that Google had chosen to illuminate the folly of executive overreach on computer screens around the world.

LETTERS TO THE EDITOR

No sidewalks = no foot traffic

[Editor's note: This letter was submitted in response to the Jan. 27 article "Long road to traffic signalization," which summarized past and present discussions about adding sidewalks and bike lanes to sections of 3A.]

"But while the plan may have helped matters at the dangerous and wildly abated intersection, with the absence of foot traffic in that

part of town, it didn't make sense for the community."

This is backward. There's no foot traffic because there are no sidewalks for pedestrians to use. This also is true farther down 3A, where my family live, and are virtually on an island unless we leave by car. Any road that is both residential and commercial should be accessible by foot.

Adrienne Rowe
495 Chief Justice Cushing Hwy

Where was Pro-Life March coverage

It is interesting that the Mariner gave extensive coverage to the Women's March, including the one in Washington D.C., where bad language was used openly, piles of rubbish were left in the street, and many self-centered people were present.

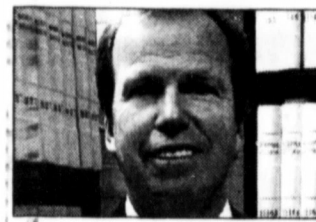
The annual Pro-Life March in D.C., on the

other hand, was not covered at all. Here there was no openly bad language, no piles of rubbish left behind, no advocacy of practices that are harmful or degrading to women, and tens of thousands more of self-sacrificing, good, generous, unpaid, young women participated.

Owen O'Malley
29 Sohler St.

GOOD DEEDS

When Hollywood comes to town



WILLIAM O'DONNELL

Lights! Cameras! Action!

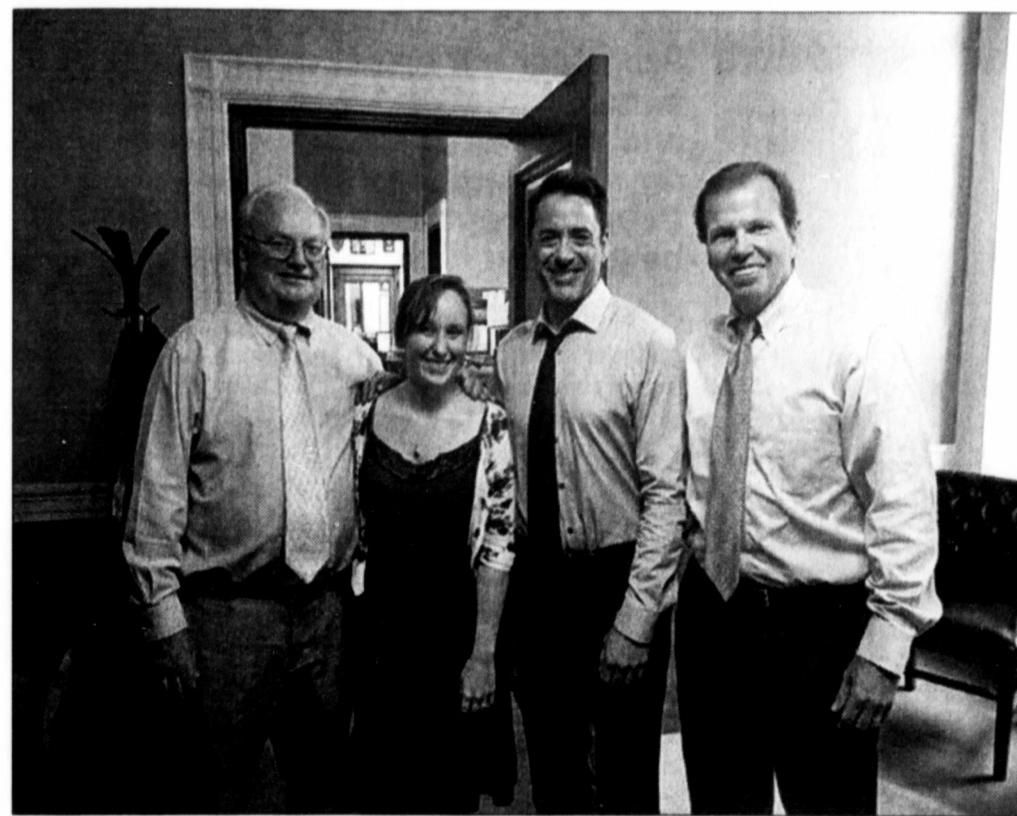
It's safe to say that for most people, the above 3 buzz words do not conjure up thoughts of the Norfolk County Registry of Deeds. After all, what is so alluring to Hollywood about a building that contains 5 million real estate documents?

And what possibly could the Registry and the surrounding court house buildings have in common with television actors, movie stars and the Oscars? Well if I got you scratching your head by now and putting down your People Magazine, let me explain.

Dedham Square is one hot location when it comes to filming. I saw it in 2013 when the movie The Judge was filmed right in front of the Superior Court, District Court and the Registry of Deeds. The film starred Robert Downey Jr. a hot shot, slightly shady big city lawyer coming home to a small town in Indiana where he later defends his father a stern judge, played by Robert Duvall, who is on trial for murder.

It was impressive to see the crowd of fans and movie extras, the large white blinding klieg lights, the boom mikes and the director's chair in front of the Registry of Deeds as the cameras rolled. What was even more amazing happened a few days later when there was an unexpected knock to my side door on a hot summer's day. It was Robert Downey Jr. asking if there might be a place he could study his lines. Needless to say, we made him our guest and put him in the Registry's conference room where he entered and left throughout the afternoon to do his scenes.

And it is true what they say about Robert Downey;



From left, Registry staff members Rich Kennedy and Claire Martin, Robert Downey Jr., Norfolk County Register of Deeds William P. O'Donnell. COURTESY PHOTO

However, what really dampened my spirits was that my scenes, like many would be actors, would fall victim to the cutting room floor.

But the films keep coming. Just several months ago, some movie scenes were shot across from the Registry of Deeds at the Norfolk Superior Court. The movie is about the Detroit riots of 1967. It is being directed by Kathryn Bigelow, who won the Oscar for Best Director in 2009 for the Hurt Locker. The film is scheduled to be released on August 4th, 50 years to the date of the riots.

We can only hope Hollywood comes again to Dedham Square and the Registry of Deeds in the very near future. Until then, with my movie career never really taking off, I will keep my day job.

Around the Real Estate Block: Cohasset property sales totaled 17 for December 2016. The average property sale price (including residential and commercial) for December was \$1,416,959. Home-stead filings for December were 15. There was 1 foreclosure deed filed against a Cohasset property for the month of December.

—William P. O'Donnell is Norfolk County Register of Deeds; he writes a monthly column for the Cohasset Mariner.

A few years earlier, Dedham Square was treated to the filming of multiple episodes of the hit TV series "The Practice," which starred James Spader. The show became a spinoff for Boston Legal. These particular episodes centered around Spader's character, Alan Shore, coming back to his hometown to defend his boyhood friend on a charge of murder. Some of the filming took place in front of the Registry of Deeds; also the District and Superior Courts were used in the filming.

Again, I almost had my marquee moment. An assistant director came into the Registry and said, "You look like a lawyer and I responded, 'I am one.' He asked me if I wanted to be an extra by walking down the street. I thought I had done a pretty good job because he later asked me if I could walk up some courthouse steps with another person that night. I didn't realize the scene would literally take all night to shoot in the freezing cold. However, what really dampened my spirits was that my scenes,

like many would-be actors, would fall victim to the cutting room floor.

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LIBRARY KIDS

Bruins pajamas drive is a team effort

COHASSET LIBRARY PARTICIPATING IN THE BRUINS PJ DRIVE: The Paul Pratt Memorial Library has teamed up with the Boston Bruins to participate in their annual pajama drive to benefit DCF Kids and Cradles to Crayons.

The PJ Drive's goal is to collect 10,000 pairs of new pajamas for children and teens in need. "It's hard to imagine that so many kids and teens don't know the comforting feeling of putting on PJs before settling down to sleep. We're happy to be part of an effort to change that," said Sharon Moody, Child's Librarian.

The Boston Bruins PJ Drive runs through March 15. The library will be collecting new pairs of pajamas for babies, children and teens. Bruins forward P.J. Axelsson and his wife, Siw, started the PJ drive during the Boston Bruins 2007-2008 season as a way to give to give back to their community. The couple collected 1,600 pairs of pajamas for Cradles to

Crayons which connects with social service agencies across the state to identify specific children in need.

Army Riley, a social service partner from MassSTART that benefits from the PJ Drive, spoke about the drive's impact. "Mario, his mom and two brothers are living in an apartment that is not heated properly. The bedrooms are very cold at night, and as a result the children are often sick. Mario and his brothers were also not sleeping well and would end up sleeping together in order to stay warm. Cradles to Crayons was able to provide the family with pajamas, warm clothing, bedding and blankets. This allowed their Mom to save money and focus on finding a new, better heated apartment."

To encourage participation, the Boston Bruins offer special prizes to the top three collectors:

- First Place Prize: Street hockey clinic with Bruins alumni
- Second Place: Special

Bruins Mascot (Blades) appearance

- Third Place: 200 commemorative Bruins PJ Drive pucks

The Massachusetts Board of Library Commissioners works with the Boston Bruins to coordinate library participation in the drive. Libraries from around the state use the Massachusetts Library System's delivery service, typically used to send books and other library materials, to send their PJs to area collection locations which increases libraries' ability to participate in the drive.

Weekly programs

- Mamasteph, Mondays at 10:30 a.m. Generously sponsored by the Friends of the Cohasset Library.
- LEGO Club, Monday, Feb. 13 & 27 from 4 to 5 p.m., Meeting Room. All ages welcome. All materials provided.
- Puppet Story Time with Leigh and Friends, Feb. 7 &

21 at 10:30 a.m., Meeting Room. Generously funded by the Friends of the Cohasset Library.

- Storytime with Mrs. Moody, Tuesday, Feb. 14 & 28 at 10:30 a.m., Meeting Room.

READING PARTNER WITH SOPHIE EVERY TUESDAY from 4 to 5 p.m.: We are continuing our Reading Partner program sponsored by the Cohasset Working Dog Foundation throughout the school year. Sophie, our reading therapy dog, will be here every Tuesday from 4 to 5 p.m. to practice her listening skills. Sign up in the Children's Room upon arrival. For more information go to cohassetworkingdog.org

1,000 BOOKS BEFORE KINDERGARTEN: Join libraries and families across the nation to complete this challenge. Registration forms and reading logs are located on Mrs. Moody's desk. 1000booksbeforekindergarten.org

Do your homework when choosing a college. Visit college campuses, check out the dorms and the living situations, research the surrounding community as if you were buying a house there.

SAFE HARBOR



Traci Wojciechowski, a representative from Caron Treatment Centers, gave some great insight on how to talk to your kids and how to keep the lines of communication open and honest. COURTESY PHOTO

Don't be afraid to have 'the other talk' with your child

By Patti Napolitano

Christine Murphy, Co-Founder of Safe Harbor Cohasset Coalition co-hosted a very powerful presentation recently at Willcutt Commons, "THE OTHER TALK" alongside Jen Rowe, Assistant DA of Norfolk County, Traci Wojciechowski of Caron Treatment Centers and Amber Brennan, a Bridgewater State University Sophomore.

Christine welcomed the audience and got right to the facts by sharing results of a student survey given to Cohasset students regarding underage alcohol and drug use. Christine's message was clear; the numbers are real, it's happening in our community, talk to your kids, listen to your kids, know who their friends are and pay attention to where they go. Be a parent, not a pal.

Jen Rowe, followed by talking about what is happening in Norfolk County. She gave real numbers of fatal overdoses that are staggering. Jen talked about the Good Samaritan law that is in effect today. She stressed the importance of calling 911 to save a friend's life; don't be afraid of the consequences.

Jen's goal was to arm parents and caregivers with critical information on college alcohol and drug use as well as to let them know that it's okay to have that "Other Talk" with your kids. Don't be afraid to be honest with them and let them know that they will be faced with temptations and it's okay to make healthy choices and the potential legal implications they will face by making one bad choice is just not worth all they have to lose.

Traci Wojciechowski of Caron Treatment Centers talked to the audience about the top 10 fears that parents have sending their kids off to college and the top 10 fears that high school seniors have leaving home and going to college. Traci gave great suggestions about keeping the lines of communication open and that "The Other Talk" is not a "one time" conversation. She stressed the importance of keeping the lines of communication open with your children, especially during the first six weeks of life on campus.

Do your homework when choosing a college. Visit college campuses, check out the dorms and the living situations, research the surrounding community as if you were buying a house there.

The night wrapped up with a very candid discussion with a sophomore from Bridgewater State University who told the parents what is really happening on college campuses.

Make sure your child knows the resources and student assisted programs available to them if needed.

The night wrapped up with a very candid discussion with a sophomore from Bridgewater State University who told the parents what is really happening on college campuses. She talked about the parties, the alcohol and drugs on campus and the surprising things she experienced during her first few weeks at school.

Amber talked about how easy it is to get drugs on campus and that it only takes a phone call to have drugs delivered right to your dorm.

After Amber's "tell all" discussion the hands went right up. The audience asked honest, direct questions and Amber answered honestly and didn't hold back. She talked about how addiction runs in her family and how lucky she is to have parents that were very open with her about her family history. She said her parents went over many scenarios that she may encounter regarding drugs and alcohol. She hated to admit with a smile that they were right. Her parents sat up front and listened to about college life and by the looks on their faces, they were very proud of the way Amber is handling all the struggles, temptations and pressure of college life.

If you would like to learn more about "The Other Talk" presentation please contact Safe Harbor Cohasset Coalition either through Facebook, our website or via email and we will be happy to share any information we have. We invite you to our Coalition Meetings that are held every other month and that information can be found on social media as well.

- facebook.com/safeharborcohasset
- safeharborcohasset.org
- safeharborcohasset@gmail.com

The presentation was made possible by a generous grant from the Norfolk County District Attorney, Michael Morrissey.

STOP THE TEXTS. STOP THE WRECKS.



CANDIDATE ANNOUNCEMENT

McCarthy seeks re-election as selectman

Editor's note: Candidates submit their own announcements.

After much careful thought, and consultation with my wife Peggy, I have decided to humbly seek re-election for a second term as a Cohasset Selectman. In conjunction with my fellow board members we have achieved much and made great advances in instituting and practicing great town governance over that last 2-1/2 years. Our accomplishments have been many and I am very proud of them all.

I presently serve as Chairman of the Board of Selectman after serving last year as Vice-Chairman. Some of our more significant accomplishments include the simultaneous negotiation and renewal of 3-year contracts for our Town Manager, Finance Director, Fire Chief and Police Chief - thus insuring strong, professional and stable town management for Cohasset over the next several years. This year Cohasset achieved the Holy Grail of sound fiscal management by earning a triple-A bond rating for the first time in our history. There are less than 20 out of 351 Massachusetts communities that



Kevin McCarthy has announced he will run for a second term on the Board of Selectmen. WICKED LOCAL PHOTO

have achieved a triple-A bond rating. This year alone we have established an Affordable Housing Committee, a Long-Range Planning Group, a 250th Anniversary Steering Committee and a Cohasset Master Plan Steering Committee - of which I am a member. For the first time the Board has drafted and operates under a well thought out Mission Statement.

Recently we crafted and approved a private way road policy which will finally offer a pathway for the improvement of crumbling private roads. This new policy includes suggestions and direction

to become a public way for qualifying roads. Additionally, in conjunction with school committee leaders we crafted, and last May the town approved, a new reserve fund to support our special education students in a well-planned and fiscally responsible manner.

Willcutt Commons has been purchased by the town and it continues to thrive as an active center and resource for our Cohasset Elders as well as the Cohasset community in general. Recently, the Cohasset Mariner described our local town government as a "well-oiled machine" - which has been a hard earned

I consider our recent achievements as but a foundation for an even greater and brighter future for Cohasset. I am very ambitious for Cohasset and I won't accept anything but the very best for our little-hamlet-by-the-sea.

but appropriate description of Cohasset's present town governance.

I am running for a second term as a Selectman because I want to grow from the great governance accomplishments we have achieved over the last 2-1/2 years. I consider our recent achievements as but a foundation for an even greater and brighter future for Cohasset. I am very ambitious for Cohasset and I won't accept anything but the very best for our little-hamlet-by-the-sea.

For example, I want to see our Cohasset school system continue to improve and grow into one of the very best in Massachusetts, if not the United States.

As well, we are currently applying for a state grant to help plan and modernize our harbor area. In co-ordination with the Master Plan I want to see our Cohasset Harbor become a highly sought after destination for boaters, visitors, businesses

and residents.

We have set aside over \$2 million to meet our future OPEB employee benefit obligations. Most towns have done little or nothing in this area. I want to see Cohasset develop a fiscally responsible long-term plan to meet our future employee benefit obligations - very few towns have done this but we can do it.

I want to see us continue to thrive as a Green Community and derive the fiscal and quality of life benefits from being an outstanding Green Community. For example, our Alternative Energy Committee reports very good progress on placing solar panels over the abandoned town dump.

I want to see our ongoing growth be well planned and done with respect for our environment as well as our unique historical character.

Perhaps more important than all our recent accomplishments, as well as our future goals and dreams,

the best part of Cohasset remains its residents and the unique culture we have inherited as a small New England town of some 250 years. We are a community which is still governed by its citizens at Town Meeting and through numerous but very vigorous volunteer committees and boards. This historic inheritance and the way we use it to relate to each other and govern our community is what truly makes Cohasset unique and special.

Our historic grass roots culture is our most treasured asset and preserving it to flourish in an ever-changing modern age and then passing it on to the next generation is my goal and I hope you will join me in achieving it.

I respectfully and humbly ask for your support and vote in the upcoming May 13, 2017 election for town Selectman.

—Kevin is a Veteran and Attorney who has lived in Cohasset since 1991 with his wife Peggy and two daughters who were educated in our public schools. Contact Info: Kevin McCarthy: mearcay@gmail.com: 781-534-0509.

FEB

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2017

Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

THE HOUSE AND SENATE: Beacon Hill Roll Call records the votes of local representatives on three roll calls and local senators on one roll call from the week of January 23-27, 2017.

\$18 MILLION IN PAY HIKES (\$16)
House approved 116-44, Senate approved 31-9 and Gov. Charlie Baker vetoed an \$18 million pay raise package including hiking the salaries of the two leaders who filed the bill, House Speaker Robert DeLeo (D-Winthrop) and Senate President Stan Rosenberg (D-Amherst), by \$45,000 from \$97,547 to \$142,547. The measure also hikes the pay of the Legislature's two Republican leaders, Sen. Bruce Tarr (R-Gloicester) and Rep. Bradley Jones (R-North Reading) by \$37,500 from \$85,047 to \$122,547. Another provision hikes the salaries of the state's judges by \$25,000 and of court clerks over an 18-month period.

"Given the current fiscal outlook for the state, now is not the time to expend additional funds on elected officials' salaries," Baker said. "This bill is the result of a hasty process that included little substantive debate or time for public comment."

Legislative leaders are confident they have the votes to override a veto as evidenced by the 116-44 and 31-9 vote which are more than two-thirds needed.

Opponents would have to switch ten Democratic votes in the House and five in the Senate to sustain the governor's veto.

The measure raises the governor's salary by \$33,200, from \$181,800 to \$215,000; the lieutenant governor by \$30,068, from \$134,332 to \$164,400; secretary of state by \$34,738 from \$130,262 to \$165,000; treasurer by \$47,083 from \$127,587 to \$174,670; auditor by \$30,046 from \$134,332 to \$164,400; and the attorney general by \$44,418 from \$130,582 to \$175,000. It also bans these six constitutional officers and the House speaker and Senate president from earning outside income, other than passive income from investments.

Supporters say that only \$1.4 million of the legislative pay raises while the remainder is for hikes for constitutional officers, judges and court clerks. The pay raise package made it through the Legislature at lightning speed. It was only Thursday, January 18, when the temporary Joint Committee on Ways and Means held a brief one-hour hearing on a two-year-old report of the Special Advisory Commission on the Compensation of Public Officials. DeLeo and Rosenberg have not yet appointed members of any committees so a temporary Ways and Means Committee was hastily appointed and assembled for the hearing. The hearing was convened with less than 72-hours-notice to the public. Then just a week later on January 25, a pay raise package is approved.

Rosenberg defended the bill. "We followed around the recommendations of the independent commission that was appointed two years ago," he said. "They came back and said that the constitutional officers' salaries are out of line with national salaries and ought to be increased... Fair minded people will consider the fact that the stipends for the presiding officers have not changed for 33 years. Who works for the same amount 33 years later?"

"The Beacon Hill power brokers robbed the taxpayers," said Rep. Jim Lyons (R-Andover). "They voted to increase their salaries by over 50 percent. The public opinion census voted unanimously against this thievery and abuse of power. We must end one party rule on Beacon Hill."

"This wasn't myself just thinking during the Christmas holiday that this would be a good thing to do," said DeLeo. "This is something which I've been hearing about for years. From Constitutional officers. I've been hearing from House members and Senate members and an awful lot of folks."

Chip Ford, executive director of Citizens for Limited Taxation, said, "These cynical actions demonstrate that when the leadership and enough beholden members in the Legislature want something badly enough - they just take it. Disregarding it as something at all legitimate required a whole lot of lies." Ford continued, "There was little if any trickery and manipulation that didn't go into this shamesale effort on behalf of legislative leadership and others with much to gain."

"Strange - no one's talking about the effect these raises will have on bringing out more candidates against incumbents," said Sen. Michael Barrett (D-Levittown) who supported the raises. "It's going to happen. These are the first salary adjustments in recent memory big enough to draw the interest of potential competitors employed in the private sector today."

Paul Croney, Executive Director of the Massachusetts Fiscal Alliance said, "The move sends the worst type of message. Good work should be rewarded but there's no good in this. Salaries and pensions will go up for these lawmakers and they'll be quick to call for more tax hikes."

"These are serious jobs," said Sen. Will Brownberger (D-Belmont). "And you want people to compete for these jobs and you don't want these guys under financial strain. You're talking about the legislative leaders, you don't want them under financial strain any more than you want a police officer walking the beat under financial strain."

"I don't think anyone that works in the Legislature as a representative or senator is struggling to put food on their table or get health care for their families," responded Rep. Shauna O'Connell (R-Thurston). "And we have people in Massachusetts that are struggling. We have a budget deficit right now. And the first thing that we go in and do, the very first session we have, is to vote on a substantial pay raise."

In 1998, voters approved by a two-to-one margin a constitutional amendment requiring governors to calculate and announce an increase or decrease in legislative salaries every two years. The specific language requires legislative salaries to be "increased or decreased at the same rate as increases or decreases in the median household income for the commonwealth for the preceding two-year period, as ascertained by the governor."

Under that formula, legislators' salaries were increased by \$2,515 for the 2017-2018 legislative session. The current base pay for legislators is now \$62,547. That hike came on the heels of a salary freeze for the 2015-2016 legislative session.

isative session, a \$1100 pay cut for the 2013-2014 session and a \$306 pay cut for the 2014-2015 session. Prior to 2011, legislators' salaries had been raised every two years since the \$46,410 base pay was first raised under the constitutional amendment in 2001.

The new \$62,547 salary means legislative salaries have been raised \$16,137, or 34.6 percent, since the mandated salary adjustment became part of the state constitution.

Currently, 101 or more than half of the state's 200 legislators receive a stipend. Thirty-eight of the 40 senators and 63 of the 160 representatives receive bonus pay for their service in Democratic or Republican leadership positions, as committee chairs or vice chairs and as the ranking Republican on some committees. Currently, annual stipends for these positions range from \$7,600 to \$35,000, above their annual base salary. The bill would increase many of those stipends and the new range would be from \$15,000 to \$65,000.

The bill requires that every two years the salaries of the governor, the other five constitutional state officers and the House speaker and Senate president be increased or decreased based on data from the Bureau of Economic Analysis (BEA) that measures the quarterly change in salaries and wages. It also requires that the same formula be used every two years to increase or decrease the stipends that 59 other legislators receive for their service in Democratic or Republican leadership positions, as committee chairs or vice chairs and as the ranking Republican on some committees.

The measure puts an end to legislative per diem which are travel, meals and lodging reimbursements collected by the legislators. These reimbursements are given to legislators above and beyond their regular salaries. The amount of the per diem varies and is based on the city or town in which a legislator resides and its distance from the Statehouse. In 2016, 103 or more than one-half of the state's 200 legislators were paid per diem totaling \$278,601.

Another provision increases the annual general expense allowance for each legislator from \$7,200 to \$15,000 for members whose districts are within a 50-mile radius of the Statehouse and to \$20,000 for districts located outside that radius. The most recent increase in the general expense allowance was a hike from \$3,600 to \$7,200 in 2000.

This allowance is used at the discretion of individual legislators to support a variety of costs including the renting of a district office, contributions to local civic groups and the printing and mailing of newsletters. Legislators are issued a 1099 from the state and are required to report the allowance as income but are not required to submit an accounting of how they spend it.

Under current federal law, which the bill does not affect, these same legislators who live more than 50 miles from the Statehouse are eligible for a special federal tax break. A 1981 federal law allows them to write off a daily expense allowance when filing their federal income tax return. The complicated system determines a daily amount, ostensibly for meals, lodging and other expenses incurred in the course of their jobs, which can be deducted for every "legislative day."

Under the Massachusetts Legislature's system and schedule, every day of the year qualifies as a legislative day. The Legislature does not formally "prorogue" (end an annual session) until the next annual session begins. This allows these legislators to take the deduction for all 365 days regardless of whether the Legislature is meeting or not. Legislators do not even have to travel to the Statehouse to qualify for the daily deduction.

The amount of the deduction is based on the federal per diem for Massachusetts. It varies from year to year. The daily per diem for legislators for 2016 varies in different parts of the state and is seasonal. It ranges from \$162 per day to \$366 per day or between \$59,130 and \$135,580 annually. It is estimated that more than one-third of the state's 200 legislators qualify for this deduction and are eligible to pay little or no federal income tax on their legislative salaries.

Other provisions of the pay hike package give a \$65,000 housing allowance for the governor. Massachusetts is one of only six states that supplies neither a governor's residence nor a housing allowance, even as Boston has among the most expensive housing market of any of the state capitals.

The package also has an emergency preamble attached to it. That means it goes into effect immediately instead of in the usual 90 days. The preamble says, "Whereas, the deferred operation of this act would tend to defeat its purpose, which is to make certain changes in law for compensation of public officials, therefore, it is hereby declared to be an emergency law, necessary for the immediate preservation of the public convenience."

Voters are not allowed to collect signatures to put a question repealing the pay raises on the November 2018 ballot because the package includes judicial pay hikes which under the Massachusetts Constitution cannot be the subject of a repeal on the ballot.

"The judges were included because judges haven't had a pay raise in a couple of years and we've been the national average [in pay]," said Rosenberg. "We are having trouble recruiting people to apply for judgeships."

Ford responded, "With such careful thought and consideration given to the mechanics of this legislation, this certainly cannot be unintentional. It is to ensure that this pay grab is referendum-proof, preventing any kind of citizen input whatsoever, every step along the way, and beyond."

Here's how local legislators voted on the pay raise.
(A "Yes" vote is for the pay raise. A "No" vote is against it.)

Rep. Bruce Ayers Yes
Rep. Thomas Caller No
Rep. James Cantwell Yes
Rep. Mark Cusack Yes
Rep. Josh Cutler Yes
Rep. David DeCoste No
Rep. Angelo D'Emilia No

Rep. Geoff Diehl No
Rep. Michelle DuBois Yes
Rep. William Galvin Yes
Rep. Susan Gifford No
Rep. Patricia Haddad No
Rep. Randy Hunt No
Rep. Louis Kafka Yes
Rep. Ronald Mariano No
Rep. Christopher Markey Yes
Rep. Joan Meschino Yes
Rep. Mathew Mursatore No
Rep. James Murphy Yes
Rep. William Straus No
Rep. Michael Brady No
Rep. Vinny deMacedo No
Rep. John Keenan Yes
Rep. Mark Montigny No
Rep. Patrick O'Connor No
Rep. Marc Pacheco Yes
Rep. Michael Rodrigues Yes
Rep. Walter Timilty No

MAKE HIKES EFFECTIVE IN 2019 (\$16)
House 120-40, rejected an amendment that would delay all the hikes in pay and increased allowances and make them effective in January 2019.

Amendment supporters said that this would ensure that there is an election in between the approval of the pay hikes and their implementation. They argued that legislators know what they would be earning when they ran for office in November 2016. They said that the state should not increase salaries while there is an estimated \$500 million deficit lurking.

Amendment opponents said the raises are fair and noted that the funds for the legislative hikes will come from the existing budget. They argued that legislators' stipends have not been increased in 23 years and the expense allowance, has not been hiked in 17 years.

(A "Yes" vote is for the delaying the raises until 2019. A "No" vote is against the delay.)

Rep. Bruce Ayers No
Rep. Thomas Caller No
Rep. James Cantwell No
Rep. Mark Cusack No
Rep. Josh Cutler No
Rep. David DeCoste Yes
Rep. Angelo D'Emilia No
Rep. Geoff Diehl Yes
Rep. Michelle DuBois No
Rep. William Galvin No
Rep. Susan Gifford No
Rep. Patricia Haddad No
Rep. Randy Hunt No
Rep. Louis Kafka No
Rep. Ronald Mariano No
Rep. Christopher Markey No
Rep. Joan Meschino No
Rep. Mathew Mursatore No
Rep. James Murphy No
Rep. William Straus No

LIMIT STIPEND INCREASES TO 4 PERCENT (\$16)
House 36-124, rejected an amendment that would limit the increase in stipends for legislators to 4 percent above the current amount.

Amendment supporters said that a low 4 percent increase would be more reasonable than the up to 100 percent hikes in the bill.

Amendment opponents said that legislators' stipends have not been increased since 1994 and the expense allowance has not been hiked since 2000. They argued the hikes are reasonable.

(A "Yes" vote is for limiting the hikes to 4 percent. A "No" vote is against the limit.)

Rep. Bruce Ayers No
Rep. Thomas Caller No
Rep. James Cantwell No
Rep. Mark Cusack No
Rep. Josh Cutler No
Rep. David DeCoste Yes
Rep. Angelo D'Emilia Yes
Rep. Geoff Diehl Yes
Rep. Michelle DuBois No
Rep. William Galvin No
Rep. Susan Gifford Yes
Rep. Patricia Haddad No
Rep. Randy Hunt No
Rep. Louis Kafka No
Rep. Ronald Mariano No
Rep. Christopher Markey No
Rep. Joan Meschino No
Rep. Mathew Mursatore No
Rep. James Murphy No
Rep. William Straus No

LOCAL GEMS

Meet the Cohasset Master Plan committee

By Amanda C. Thompson
athompson@wickedlocal.com

They say the best way to predict the future is to create it. Cohasset has assembled the Master Plan Steering Committee to do precisely that as the town enters phase two of the master planning process. The board had its first meeting on Jan. 19.

A Master Plan documents a community's goals and helps manage growth and change while protecting the resources and character of the town. The committee's first task is to review data from last year's research, visioning sessions, and survey and release an RFP for a consultant to help develop the plan.

The committee comprises 13 members: two from the Board of Selectmen, two from Planning, and one each from Affordable Housing, Alternative Energy, School, Capital Budget, Conservation, Zoning, Open Space, and a group representing the interests of the harbor, plus a citizen-at-large.

Boards and committees will vote annually on which members will serve as delegates. Meet this year's representatives below.

■ Chairman Clark Brewer is one of two delegates from the Planning Board, which he also chairs. Fellow members of the Steering Committee voted him into leadership during the Jan. 19 meeting. Brewer has lived in town for 20 years and was vice chairman of

"There's a lot of room for improvement, better mobility and access to train station and shopping areas, ways to have a more civilized and even more beautiful town than the one we have now."

Clark Brewer

the 2000-2004 Master Plan committee.

"Cohasset is a great town and most people realize that," Brewer said, "but there's things that we can do to make it better. There's a lot of room for improvement, better mobility and access to train station and shopping areas, ways to have a more civilized and even more beautiful town than the one we have now."

■ Vice Chairman Patrick Kennedy, five-year member of the Conservation Commission and 18-year resident, is a litigation attorney with some background in environmental and real estate law. He believes "Cohasset is at a cross-roads" and hopes his experience can help the town balance preservation and development going forward.

■ Kevin McCarthy is one of two delegates from the Board of Selectmen, of which he is the chairman. He is an attorney whose prime goal on this board is to maintain and preserve Cohasset's "unique historical grassroots culture" and natural beauty while setting up the town to thrive in the long run.

■ Paul Schubert, a

Cohasset resident since 1997, is the second selectmen representative. Schubert has served on the School Committee, OPEB committee, and Cohasset Education Foundation. His vision is "to bring a diverse view on how the town might harness growth while preserving the finer aspects of town."

■ Charles Samuelson has served nine years on the Planning Board and has lived in town for 20, raising his two daughters in the Cohasset school system. He's not afraid to ask the hard questions about growth and change versus the status quo. His priorities include maintaining property values and quality education, tackling taxes and debt, and addressing challenges on 3A and the waterfront, among others.

■ John Donohue, a veteran of USAINSCOM and the NSA with a prolific background in financial services, represents the Capital Budget Committee. He and his family have been residents for over 22 years, raising three children in the Cohasset school system where his wife works. He is a big supporter of quality education in Cohasset.

■ Lynn Schwandt, a Cohasset resident for 30 years, serves the committee as a citizen-at-large. She is a mother of three teenagers, a lawyer, real estate broker, and private business owner. These experiences, along with a history of volunteering for school activities and non-profit organizations, have set her up to get involved with the long-term vision for Cohasset.

■ Other representatives include Peter Hobson, a

member of the Affordable Housing Steering Committee, Charles Higginson, Vice Chairman of the Zoning Board of Appeals, and Chrissie Dahlstrom, Secretary for the Master Plan Committee.

The committee is scheduled to meet on Feb. 21, March 21, and April 18 at Willcutt Commons. All are welcome at public meetings.

Follow Amanda on Twitter for updates: @MarinerAmandaT



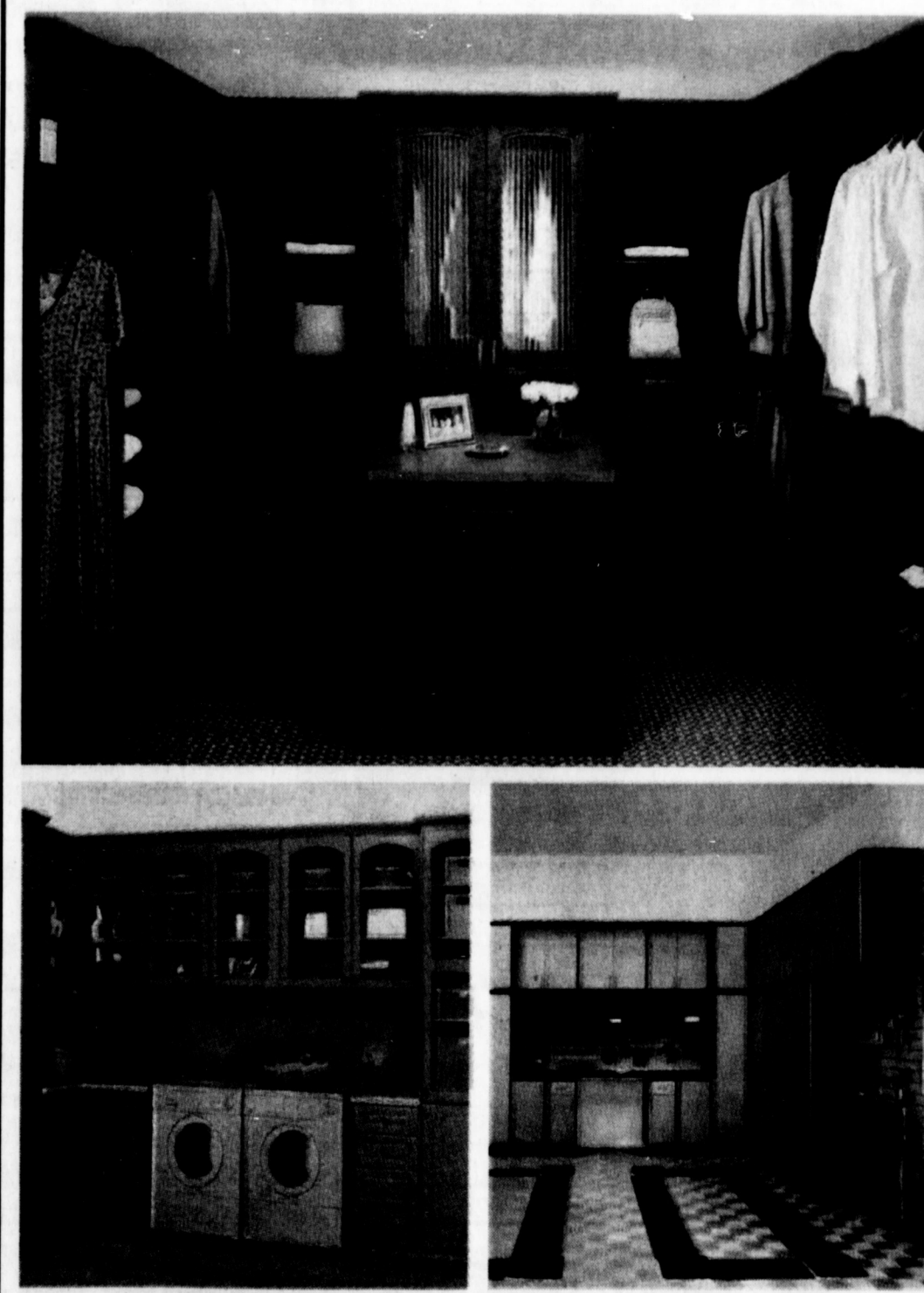
The Master Plan Steering Committee met for the first time at Willcutt Commons on Thursday, Jan. 19. From left to right: Town Manager Chris Senior, Committee Secretary Chrissie Dahlstrom, Kevin McCarthy, Paul Schubert, John J. Donohue, Katie Dugan, Clark Brewer. Members not pictured: Charles Samuelson, Patrick Kennedy, Charles Higginson, Josiah Stevenson, Peter Hobson and Lynne Schwandt.

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COORS LIGHT & LITE FROM MILLER.....	12 PAK CANS & BTLs.....	\$9.99
GENESSEE BEER (ALL TYPES).....	30 PAK CANS.....	\$13.99
HARPOON LOOSE CS.....	\$24.99, 12 PAK.....	\$12.99
HEINEKEN & AMSTEL REG & LT LOOSE BTLs.....	\$24.99, 12 PAK.....	\$12.99
LABATT'S BLUE REG & LIGHT.....	12 OZ CANS 18 PAK.....	\$12.99
LEINENKUGEL'S (ALL TYPES).....	12 PAK BOTTLES.....	\$12.99
LITE & COORS REG & LT LOOSE CANS & BTLs.....	\$17.99, 18 PAK.....	\$14.99
MICHELLO ULTRA 30 PAK CANS.....	\$22.99, 18 PAK CANS & BTLs.....	\$16.99
MIKE'S LEMONADE & SMIRNOFF ICE (ALL TYPES).....	12 PAK.....	\$12.99
MILLER HIGH LIFE REG & LT.....	18 PAK CANS & BTLs.....	\$10.99
PABST BLUE RIBBON 30 PAK CANS.....	\$15.99, 18 PAK.....	\$10.99
SAM ADAMS LOOSE CS.....	\$25.99, 12 PAK BOTTLES.....	\$12.99
SHIPYARD (ALL TYPES).....	12 PAK BOTTLES.....	\$12.99
STELLA ARTOIS.....	12 PAK BOTTLES.....	\$13.99
WACHUSSETT (ALL TYPES).....	12 PAK BOTTLES.....	\$12.99

VODKA

ABSOLUT VODKA (ALL FLAVORS).....	1.75 LTR	\$27.99
BELVEDERE VODKA (ALL TYPES).....	1.75 LTR	\$46.99, 750 ML \$24.99
CHOPIN VODKA.....	1.75 LTR	\$39.99, 750 ML \$26.99
CURTIS VODKA.....	1.75 LTR	\$10.99
GORDON'S VODKA.....	1.75 LTR	\$17.99
GREY GOOSE (ALL FLAVORS).....	1.75 LTR	\$49.99, 750 ML \$27.99
KETEL ONE REG, CITROEN, ORANGE.....	1.75 LTR	\$36.99
NEW AMSTERDAM VODKA.....	1.75 LTR	\$17.99
PLATINUM VODKA.....	1.75 LTR	\$15.99
SEAGRAMS VODKA (ALL TYPES).....	1.75 LTR	\$15.99
SKYY VODKA REG & FLAVORS.....	1.75 LTR	\$19.99
SMIRNOFF RED & FLAVORS.....	1.75 LTR	\$19.99
STOLI REG & FLAVORS.....	1.75 LTR	\$27.99
SVEDKA VODKA (ALL FLAVORS).....	1.75 LTR	\$17.99
TITOS VODKA.....	1.75 LTR	\$27.99

WHISKEY/CANADIAN/BOURBON

BASIL HAYDEN BOURBON 8 YR.....	750 ML.....	\$35.99
CANADIAN MIST.....	1.75 LTR.....	\$16.99
JACK DANIELS.....	1.75 LTR.....	\$39.99
JIM BEAM BOURBON.....	1.75 LTR.....	\$24.99
KNOB CREEK BOURBON.....	750 ML.....	\$28.99
MAKER'S MARK BOURBON.....	750 ML.....	\$24.99
RUSSELL'S SINGLE RESERVE BOURBON.....	750 ML.....	\$49.99
SEAGRAMS 7.....	1.75 LTR.....	\$19.99
SEAGRAMS CROWN ROYAL.....	750 ML.....	\$26.99
SEAGRAMS VO CANADIAN.....	1.75 LTR.....	\$20.99
WILD TURKEY 81 PROOF.....	1.75 LTR.....	\$32.99
WOODFORD RESERVE BOURBON.....	750 ML.....	\$29.99

RUM/GIN/TEQUILA

BACARDI RUM (ALL FLAVORS).....	1.75 LTR	\$19.99
BEEFEATER GIN.....	1.75 LTR	\$29.99
BOMBAY GIN.....	1.75 LTR \$27.99, SAPPHIRE.....	\$35.99
CAPTAIN MORGAN SPICED RUM.....	1.75 LTR	\$22.99
CUERVO GOLD & SILVER TEQUILA.....	1.75 LTR	\$31.99
GOSLING'S BLACK RUM & GOLD.....	1.75 LTR	\$27.99
MOUNT GAY ECLIPSE RUM.....	1.75 LTR	\$33.99
NEW AMSTERDAM GIN.....	1.75 LTR	\$18.99
PATRON TEQUILA SILVER.....	\$44.99, REPOSADO.....	750 ML \$46.99
SAILOR JERRY RUM.....	1.75 LTR \$31.99, 750 ML	\$21.99
TANQUERAY GIN.....	1.75 LTR	\$31.99

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GLENMORANGIE 10 YEAR.....	750 ML.....	\$39.99			
JAMESON.....	1.75 LTR.....	\$41.99			
JOHNNIE WALKER BLACK.....	1.75 LTR.....	\$61.99, 750 ML.....	\$32.99, RED.....	1.75 LTR.....	\$29.99
MACALLAN 12 YEAR SCOTCH.....	750 ML.....	\$49.99			
OLD SMUGGLER SCOTCH.....	1.75 LTR.....	\$16.99			
TULLAMORE DEW.....	1.75 LTR.....	\$32.99			

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E & J BRANDY.....	1.75 LTR.....	\$22.99, 750 ML.....	\$9.99
FIREBALL & DR MCILLICUDDY.....	1.75 LTR.....	\$25.99, 750 ML.....	\$16.99
GRAND MARNIER.....	750 ML.....		\$26.99
KAHLUA REG & FLAVORS.....	750 ML.....	\$19.99, 1.75 LTR.....	\$33.99
PALLINI LIMONCELLO.....	750 ML.....		\$22.99
REMY MARTIN VSOP.....	750 ML.....		\$39.99
SAMBUCA ROMANA REG & BLACK.....	750 ML.....		\$21.99
SOUTHERN COMFORT.....	1.75 LTR.....		\$24.99

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LAMARCA PROSECCO.....	750 ML	\$11.99
MONETTO IL PROSECCO.....	\$8.99, BRUT	750 ML \$10.99
MOET & CHANDON BRUT ROSE.....	\$49.99, IMPERIAL	750 ML \$36.99
MUMM NAPA BRUT, ROSE, BLANC DE NOIR.....	750 ML	\$16.99
PERRIER JOUET BRUT.....	750 ML	\$32.99
PIPER HEIDSIECK BRUT.....	750 ML	\$34.99
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RUFFINO PROSECCO & SPARKLING ROSE.....	750 ML	\$9.99
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APOTHIC WINES (ALL TYPES)	750 ml	\$
BAREFOOT WINES (ALL TYPES)	1.5 MAG	\$
BERINGER CALIF WINES (ALL TYPES)	1.5 MAG	\$8.99, 750 ml
BERINGER FOUNDERS (ALL TYPES)	1.5 MAG	\$12.99, 750 ml
BERINGER KNIGHT VALLEY CABERNET	750 ml	\$
BLACK BOX WINES (ALL FLAVORS)	3 LTR BAG/BOX	\$
BOGLE WINES (ALL TYPES EXCL PHANTOM)	750 ml	\$
BOTA BOX (ALL TYPES)	3 LTR BAG/BOX	\$
BRAZIN ZINFANDEL	750 ml	\$
BV COASTAL WINES (ALL TYPES)	750 ml	\$
BY NAPA CABERNET SAUVIGNON	750 ml	\$
CARNIVOR CABERNET SAUVIGNON	750 ml	\$
CHATEAU ST JEAN (ALL REBS)	\$9.99, (ALL WHITES)	750 ml
CHAT STE MICHELLE (ALL REBS)	\$12.99, (WHITES)	750 ml
CK MONDAVI WINES (ALL TYPES)	1.5 MAG	\$

DOMESTIC WINES

CLOS DU BOIS CHARDONNAY 1.5 MAG.....	\$15.99,	750 ML.....	\$8.99
COLUMBIA CREST GRAND ESTATE WINES (ALL).....		750 ML.....	\$8.99
COPPOLA DIAMOND (ALL REEDS).....	\$13.99, (ALL WHITES).....	750 ML.....	\$12.99
COPPOLA DIRECTOR'S CAB, PINOT NOIR.....	\$15.99, CHARD.....	750 ML.....	\$12.99
CUPCAKE WINES (ALL TYPES).....		750 ML.....	\$7.99
DECOY CAB, PINOT NOIR.....	750 ML.....	\$16.99, CHARD, SAUV BLANC.....	\$12.99
DREAMING TREE WINES (ALL TYPES).....		750 ML.....	\$10.99
ECCO DOMANI WINES (ALL TYPES).....		750 ML.....	\$8.99
ESTANCIA CHARDONNAY, PINOT GRIGIO.....		750 ML.....	\$7.99
FLOWERS CHARDONNAY, PINOT NOIR.....		750 ML.....	\$39.99
FRANCISCAN CABERNET.....	750 ML.....	\$19.99, CHARDONNAY.....	\$14.99
FRANCISCAN MAGNIFICAT.....		750 ML.....	\$39.99
FREI BROTHERS CHARDONNAY & MERLOT.....		750 ML.....	\$13.99
GNARLY HEAD (ALL WHITES).....	\$7.99, (ALL REEDS).....	750 ML.....	\$8.99
HESS SELECT CHARD, SAUV BLANC.....	\$9.99, CABERNET.....	750 ML.....	\$11.99
J LOHR CABERNET SAUVIGNON.....	\$12.99, CHARDONNAY.....	750 ML.....	\$9.99
JOEL GOTT CABERNET SAUVIGNON.....	\$11.99, SAUV BLANC.....	750 ML.....	\$9.99
JOSH CABERNET & PINOT NOIR.....		750 ML.....	\$11.99
JUSTIN CABERNET SAUVIGNON.....		750 ML.....	\$24.99
KENDALL JACKSON CHARD.....	750 ML.....	\$10.99, SAUV BLANC, PINOT GRIS.....	\$9.99
KENDALL JACKSON CABERNET & PINOT NOIR.....		750 ML.....	\$14.99
LA CREMA MONTEREY CHARD.....	\$14.99, PINOT NOIR.....	750 ML.....	\$16.99
LIBERTY SCHOOL CABERNET.....		750 ML.....	\$11.99
LOUIS MARTINI SONOMA CABERNET.....		750 ML.....	\$12.99
OLD SMUGGLER SCOTCH.....		1.75 LTR.....	\$16.99
MARK WEST BLACK PINOT.....	\$13.99, PINOT NOIR, CHARD.....	750 ML.....	\$8.99
MEIOMI PINOT NOIR.....		750 ML.....	\$17.99
MENAGE A TROIS WINES (ALL TYPES).....		750 ML.....	\$8.99
MONDAVI NAPA CABERNET.....		750 ML.....	\$19.99
MONDAVI WOODBRIDGE (ALL TYPES).....		1.5 MAG.....	\$10.99
MT. VEEDEER CABERNET SAUVIGNON.....		750 ML.....	\$29.99
NOBLE VINES WINES (ALL TYPES).....		750 ML.....	\$9.99
RAVENSWOOD VINTNER WINES (ALL TYPES).....		750 ML.....	\$6.99
RODNEY STRONG CAB, MERLOT.....	\$12.99, CHARDONNAY.....	750 ML.....	\$10.99
RUTHERFORD RANCH CABERNET.....	750 ML.....	\$15.99, (LESS 53 MMS).....	\$12.99
SEAGLASS WINES (ALL TYPES).....		750 ML.....	\$7.99
SEBASTIANI WINES (ALL REEDS).....	\$12.99, CHARDONNAY.....	750 ML.....	\$9.99
SIMI CABERNET.....	\$14.99, CHARDONNAY & SAUV BLANC.....	750 ML.....	\$10.99
SONOMA CUTNER CHARDONNAY.....		750 ML.....	\$17.99
STAG'S LEAP WINERY CAB.....	750 ML.....	\$44.99, CHARDONNAY.....	\$19.99
STERLING CHARDONNAY & SAUVIGNON BLANC.....		750 ML.....	\$11.99
STERLING NAPA CABERNET, MERLOT, PINOT NOIR.....		750 ML.....	\$17.99
SUTTERHOME WINES (ALL TYPES).....		1.5 MAG.....	\$8.99
WENTE MORNING FOG CHARDONNAY.....		750 ML.....	\$10.99
WILLIAM HILL COASTAL WINES (ALL TYPES).....		750 ML.....	\$12.99
WILD HORSE PINOT NOIR.....		750 ML.....	\$14.99

IMPORTED WINES

ANTINORI TOSCANA ROSSO.....	750 ML.....	\$14.99	
BELLA SERA WINES (ALL TYPES).....	1.5 MAG.....	\$9.99	
BESO DEL SOL SANGRIA 3 LTR.....	\$15.99, 1.5 LTR.....	\$11.99	
BRANCOTT SAUVIGNON BLANC, PINOT NOIR.....	750 ML.....	\$7.99	
CAVITY WINES (ALL TYPES).....	1.5 MAG.....	\$10.99	
CIELO PINOT GRIGIO.....	750 ML.....	\$9.99	
DAVINCI CHIANTI, PINOT GRIGIO.....	750 ML.....	\$9.99	
EXCELSIOR WINES (ALL TYPES).....	750 ML.....	\$6.99	
FRESCOBALDI NIPPOZZANO.....	750 ML.....	\$19.99	
GABBIANO CHIANTI, PINOT GRIGIO.....	1.5 MAG \$9.99, 750 ML.....	\$5.99	
GASCON COLOSSAL RED, MALBEC.....	750 ML.....	\$9.99	
GIESEN SAUVIGNON BLANC.....	750 ML.....	\$9.99	
GREG NORMAN WINES (ALL TYPES) RED.....	750 ML \$9.99, WHITE.....	\$8.99	
GUIGAL COTES DU RHONE.....	750 ML.....	\$12.99	
KIM CRAWFORD SAUVIGNON BLANC.....	750 ML.....	\$11.99	
KRIS PINOT GRIGIO.....	750 ML.....	\$9.99	
LINDEMANS WINES (ALL TYPES).....	1.5 MAG.....	\$8.99	
LUNA DI LUNA BLUE.....	1.5 MAG.....	\$9.99	
MEZZACORONA WINES (ALL TYPES).....	1.5 MAG \$9.99, 750 ML.....	\$6.99	
NOBILLO SAUVIGNON BLANC & CHARDONNAY.....	750 ML.....	\$9.99	
OYSTER BAY CHARDONNAY, MERLOT, SAUV BLANC.....	750 ML.....	\$9.99	
RELAX RIESLING.....	1.5 MAG \$15.99, 750 ML.....	\$7.99	
ROSEMOUNT WINES (ALL TYPES).....	750 ML.....	\$7.99	
RUFFINO GOLD 750 ML.....	\$34.99, RESERVA DUCALE TAN.....	750 ML.....	\$19.99
RUFFINO CHIANTI, LUMINA PG.....	1.5 MAG \$10.99, 750 ML.....	\$6.99	
SANTA MARGHERITA PINOT GRIGIO.....	750 ML.....	\$17.99	
VILLA MARIA SAUVIGNON BLANC.....	750 ML.....	\$9.99	
YELLOW TAIL WINES (ALL TYPES).....	1.5 MAG.....	\$9.99	

SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send your stuff

The Mariner sports department is always looking for a little extra hand.

Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsug

SPORTS ROUNDUP

Girls basketball

By Shaun Galvin
In girls basketball action on Friday January 27, the Lady Skippers traveled to Mashpee to face the Lady Falcons.

Junior Zoe Doherty led the way with 15 points and junior MC Crumley had 10 points as the Lady Skippers beat the lady Falcons 45-31.

In their next game, the girls had a tough outing, losing 46-26.

Cohasset is 10-6 overall and 6-4 in South Shore League play after the Norwell game.

GIRLS HOCKEY

Icemen fall to Ursuline

The Cohasset/Hanover girls hockey team dropped a 5-1 decision to Ursuline Wednesday afternoon.

The girls are back in action Saturday Feb. 4 at 12:45 p.m. at Zapustas Arena in Randolph for Senior Day.

ICE SKATING

Synchro Clinics/tryouts

Join the Colonial Synchroized Skating Team at Pilgrim Skating Club. Come skate with Coach Alex Nulty to see what all the fun is about. All sessions to take place 11:30am-12:20 p.m. on Saturdays.

Dates for the clinics are February 11, March 18, April 1 and April 15 and are at Hobornock Arena in Pembroke.

The clinics are a lead-in and introduction before tryouts for the club which will be April 28. Price is \$20 per session for club members, \$25 for non-members. For more information visit www.colonialfsc.com/synchro. Pilgrim Skating Club: info@pilgrimskatingclub.com. Coach Alex Nulty: anulty94@gmail.com

THE U AT STAR LAND

Futsal

The Spring Thaw Futsal Tournament at the U at Star Land in Hanover will be March 3-5.

Age groups are U10, U12, U14, U16 and U18. Cost is \$200 per team. Each team is guaranteed three games.

Teams will be placed in groups of four, with the top two teams in each group making the playoffs.

Games will be two 20 minute halves. There is also a 3v3 soccer tournament Feb. 20-22.

There is a limit of four players per team. Age groups are U10.

SEE NOTES, B3

WRESTLING

Good week

Grap

BOYS BASKETBALL

Norwell clips Skippers

By Chris McDaniel
cmcdaniel@wickedlocal.com

The Cohasset boys basketball team got five three-pointers and 19 points from Thatcher Stone, and Chase Bomeisler added 16 points with 13 rebounds, but was held to just four points in the second half as the Skippers lost a hard-fought 61-51

decision at Norwell Wednesday, Feb. 1. The Skippers led early, scoring the game's first seven points, but Norwell outscored Cohasset 36-19 the rest of the half. Cohasset cut Norwell's lead to 36-34 in the third quarter, but the Clippers went on a 12-2 run to pretty much put the game away.

FAB FOUR

Week 8 Basketball Power Rankings

Hanover boys, Braintree girls stand at No. 1

By Chris McDaniel
cmcdaniel@wickedlocal.com

The rankings had very different weeks for the boys and girls.

On the boys' side, two teams jump from the bubble to crack the top

four. Although Rockland and Braintree both have five losses this season, those squads have trudged difficult schedules to find success. Come tournament time, higher seeds will hope to avoid running into the Wamps and Bulldogs early in the tournament.

On the girls' side, no movement was made in the top four. Those teams

combined to go 7-0 last week leaving Rockland and Marshfield on the outside looking in despite stellar seasons to this point.

Record as of Sunday and last week's ranking are in parentheses.

Boys

1. Hanover (11-2, 2) - The Indians reclaim the top spot thanks to a four-game win streak that includes

marquee wins over Rockland and at Quincy.

2. Rockland (9-5, NR) - The Bulldogs made a

gigantic leap this week largely because of a 60-52 win over Mashpee on Jan. 24. The Bulldogs are on

another league title.

3. Abington (12-2, 3) - A win over Carver on Friday brings the Green Wave a

little closer to a league title.

4. Hingham (9-3, NR) - The Harborwomen have

now won six consecutive games. Their last loss came to Duxbury on Jan. 6. On

Friday, Hingham plays at Duxbury. If Hingham wants to stay in the league

title picture, it will have to knock the Dragons off.

On the bubble: Rockland (11-3), Marshfield (10-2), Scituate (6-6), Norwell (7-4), Cohasset (10-5)

Players of the week

Katie Galligan, Fr., Pembroke: The freshman scored 22 points during a Jan. 25 win over Waltham.

Payton Holmes, Sr., Carver: Holmes scored 21 points in a 67-36 win over

Dennis-Yarmouth on Jan. 25.

Jole Grassi, Sr., Plymouth North: Grassi hit the

winning shot with 1.2 seconds left to push North past Pembroke, 41-39, on Jan. 24. Grassi finished 21

points, 10 rebounds and four steals.

Haley Blasetti, Jr., Hingham: Blasetti scored 12 points, grabbed 10

rebounds and handed out six assists during the Harborwomen's 41-22 win over North Quincy on Jan. 24.

Megan Dixon, Sr., Hanover: Dixon scored 20 points in a Jan. 26 win over Brockton.

Jen Worden, Sr., Abington: Worden scored 28 points in Friday's 63-44 win over Carver.

Friday's game of the week - Abington at Cohasset, 6:30 p.m. - After a rocky start, Cohasset has

shored things up by solidifying a strong defense. In their first meeting, the Green Wave dropped 59 points on the Skippers, a season-high for the Cohasset defense, on Jan. 3. With a three-game edge in the loss column, Abington has virtually locked up the South Shore League

Tobin Division title, but the Skippers present one more tough test inside the league.

The Fab Four Basketball Power Rankings are decided with the help of several factors: record, strength of schedule, performance against teams and margin of victory. The public schools in our coverage area include: Abington, Braintree, Carver, Cohasset, Hanover, Hingham, Marshfield, Norwell, Pembroke, Plymouth North, Plymouth South, Rockland, Scituate, Silver Lake, and Weymouth. Send nominations for players of the week to cmcdaniel@wickedlocal.com or reach him on Twitter @ChrisMcDaniel88.

Girls

1. Braintree (10-2, 1) - Another week, another

blowout wins for the Wamps.

2. Hanover (10-1, 2) - With already a 4.5-game

lead in the Patriot League Fisher Division standings, the Indians are closing in

on another league title.

3. Abington (12-2, 3) - A win over Carver on Friday brings the Green Wave a

little closer to a league title.

4. Hingham (9-3, NR) - The Harborwomen have

now won six consecutive games. Their last loss came to Duxbury on Jan. 6. On

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FEB

3

2

1

7

BOYS HOCKEY

Skippers tie Rockland

Michael Cohen nets tying goal with five seconds left in game

By Chris McDaniel
cmcdaniel@wickedlocal.com

It's been 25 years since the Rockland High boys hockey team last won a league title.

The Bulldogs' wait was a few more days.

Rockland had a chance to earn at least a share of the South Shore League title with a win over Cohasset, but the Skippers had other ideas Wednesday Jan. 25 and pulled out a 2-2 tie at Rockland Arena.

With five seconds

remaining in the third period, Cohasset's Michael Cohen netted the equalizer off a pass from Aidan McHugh.

A turnover kept the puck in the Rockland zone and Conor Joslin sent a bouncing puck towards the net. McHugh slid a backhanded pass across the crease to Cohen, who was there at the back post and tapped it home.

"Michael Cohen, who scored the goal for us, is probably the most tenacious kid on our team," said Cohasset coach Phil Mahoney. "(Cohen) said, 'Put me up front, I want to drive to the net.' When you go to the net, you get rewarded and that's

what happened. He was able to redirect the puck and put it in off a nice centering pass."

The Bulldogs looked to be in a good spot entering the third period with a 2-0 lead and 30 seconds of power play carryover.

Cohasset (6-5-2, 5-1-2) cut the deficit to 2-1 at 9:41 of the third period when Jimmy Farren's shot deflected off a Rockland defenseman's stick and went in. Joslin and Joe Campedelli assisted on the goal.

"The hardest lead in hockey is a two-goal lead," said Rockland coach Mike Flaherty. "I thought we were outplayed the whole game, in all honesty. I thought they were faster. I thought

they were more aggressive. I thought they wanted it more than we did and ultimately it cost us in the end."

The Skippers were not as concerned with playing spoilers as they were with picking up points to inch closer to a tournament berth. Cohasset needs six points in its final seven games to extend the season.

"For us, we just want points," said Mahoney. "We've got to make the tournament. I think Rockland is ranked third in the division right now. They're undefeated in the league. To take a point from them is significant, especially when you're down 2-0 against a team as talented as they are."

to continue to provide solid leadership."

This week the team faced Norwell on Wednesday and came away with a 3-1 victory.

Next up, the team travels to the North Shore to take on Wakefield, Pentucket and Gloucester.

The final match will be against Foxboro on Tuesday Feb. 7 before the team prepares for the South Sectionals on Saturday Feb. 11.

Mike Nolan (19-11) and Grant Guepel (25-6).

Double winners were, Dan Varney (20-11), Turner Martel (7-6), 120 pound freshman Dan Nolan (16-9) and junior 160 pound David Buke.

Picking up one win Friday was junior Josh Rosen at 182 (11-17), sophomore 190 pound Joe Donoghue (10-9), freshman 106 pounder Adam Willmot, and freshman Sam Fox (16-0).

Sam Fox's big pin clinched

the Pembroke match.

"Sophomore 220 pounder Tyler Mulhern has been wrestling very well against stiff competition as he navigates his first year on the mat," Cohasset coach Torin Sweeney said.

"Sophomore 160/170 pound Cole Baker has also been wrestling tough, covering two weight classes for the team. Senior Liam Lynch (170) was sick last week, but should come back strong this week

to continue to provide solid leadership."

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WRESTLING

From Page B1

Guempel rounded out the winning with a win and pin respectively.

On Friday, Cohasset beat Belmont 50-15 and Pembroke 48-21 before losing to a powerful Sandwich team 40-28.

Triple winners for the day were sophomore Lado Tserelov at 138 (17-4), junior captains

BOYS HOOPS

From Page B1

difference.

The biggest misses were on the free throw line when Cohasset had two shots in a tie game with 7 seconds to play in regulation.

Both shots missed, sending the game to overtime.

In the first overtime, the Skippers had the ball with 10 seconds to play, but weren't able to score, forcing a second overtime, where Mashpee took control.

Still, getting to the first overtime was impressive, with Cohasset coming back from a five-point deficit keyed by a three-pointer from Thatcher Stone and a turnaround

jumper from Bomeisler (off a beautiful pass inside from Sam Lelio) in the closing minute to force the tie.

Stone had a big game, scoring a team-high 23 points, including five three-pointers, while Bomeisler added a solid 21 points with 12 rebounds.

Liam O'Connell had 9 pts and Lelio had 7 points.

"I told my team 'They all received A- for effort and passion and competitiveness but our offense on special situation plays was not honor roll material,' Cohasset coach Bo Ruggiero said. "Terrific game to take Mashpee to double overtime after getting destroyed in our first game early in the season shows the tremendous improvement the team has made with the way

they are approaching practice sessions getting better each day, but we need to learn to execute in close games if we are going to be considered an elite team."

Going back to some of the luck, in the closing seconds of the first quarter, Stone hit a three-pointer to tie the game 15-15 with two seconds on the clock, but Mashpee tossed up a bomb that dropped from about three-quarter court for an 18-15 lead.

It wasn't all luck though, as Mashpee's Devan Ford had a game high 32 points to lead all scorers.

For Cohasset, the game is already just a memory.

"We are already on to Norwell," Ruggiero said. "This game is over. Tough loss, but

GYMNASTICS

From Page B1

bars, we are actually putting up because they are developing those skills."

Cohasset/Norwell scored a season-high 127.4 points against Scituate on Jan. 22. Pacella said the team's goal is to reach 128 points by the end of the season.

Cohasset/Norwell's strongest events have been the bars and beams.

Senior captain Claire Brookbank (Cohasset), sophomores Caroline Gillis (Norwell) and Evelyn Lane (Norwell) have been strong in both events.

Sophomore Nicole Brown (Norwell) and freshmen Elsi

Hession and Brooke Conroy have performed well on beam while freshman Lieren Vigneau (Cohasset) and sophomore Bridget Wixted have been strong on bars.

"It's difficult to put out a lineup," said Pacella.

Cohasset/Norwell has 18 girls on its roster, a high number for a gymnastics team.

"It can (present challenges) because it gives us less time to work with each individual gymnast," said Pacella of her numbers. "It also has its benefits in the fact that we do have such a strong team and such a great program. We can have different girls compete on different events. It's not like the same girl is constantly doing one event or the other."

Isabella Russell (Cohasset), senior Danielle Picot (Cohasset) and freshman Allison Hoffman (Norwell) have also been contributors.

Coletta, Brookbank and junior Katherine Maescher (Norwell) are the captains.

"She has shown great leadership skills," said Pacella of Maescher. "She has really been there for the other gymnastics."

Cohasset/Norwell will compete against Marshfield at Friday at 6:30 p.m. at the Mass Gymnastics Center before closing out the regular season at Notre Dame Academy (Hingham) on Wednesday at 7 p.m. at MGC.

The Cranberry League Championship Meet is on Feb. 11.

"Positionally, we were sloppy at times tonight, particularly in our own end, and Norwell made us pay," Cohasset coach Phil Mahoney said. "I like the way we battled, but we have to play better against these top teams. Our focus is points to qualify for the state tournament and with six games remaining, we are still in the hunt. This team has shown great character throughout the season and I truly believe that we are up to the challenge."

The Skippers host Abington Saturday at 8 p.m. at Connell Rink, then have the week off before hosting Whitman-Hanson Feb. 11.

HOCKEY

From Page B1

some solid performances from Cohasset players.

Sophomore Conor Joslin put Cohasset ahead 1-0 on a beautiful breakaway goal assisted by Senior Michael McKelvey, but that was the Skippers only lead of the evening, as Norwell answered with a pair of first-period goals to go into the first break with a 2-1 lead.

Another goal in the first minute of the second period raised the Norwell lead to 3-1 before senior captain Michael Cohen struck on the power

play with help from classmate and fellow captain, Aidan McHugh.

The score remained 3-2 at the second intermission.

The Clippers continued to push with their fourth goal early in the final period to make it 4-2.

Senior Brad Winn kept the Skippers in the game with a short-handed tally mid-way through the third to make it 4-3.

Any momentum that favored Cohasset was quickly erased when Norwell scored twice within a 30 second span to move the score to 6-3. That decisive blow put the game out of reach and 6-3 was the final.

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NOTES

From Page B1

JU12 and U14 with boys and girls divisions.

Cost is \$65 per team, \$50 if registered by Feb. 13. Registration deadline is Feb. 18.

Games are 15 minutes long 3v3 mini-goals and teams are guaranteed three games.

For more information, contact Francis Mulhern, fmulkern@thehanover.com (781-996-3053 x110).

BAY STATE GAMES

High School Ambassador Program applications

Applications are currently being accepted for the Bay State Games High School Ambassador Program. Motivated, responsible and enthusiastic young men and women, currently in high school, who are interested in studying sports / event management or marketing in college are invited to apply.

High School students selected as Bay State Games Ambassadors for their school will gain valuable hands-on experience in the field of sport management and marketing. They will also be able to build their resume for college applications and fulfill volunteer hour requirements.

Additional details and an on-line application can be found at baystategames.org/school-ambassador. For more information contact Ashley Courville at Ashley@baystategames.org.

Good luck to our team in the big game on Sunday, and to our Dana-Farber Trustees Robert and Daniel Kraft and the entire Kraft family!

DANA-FARBER
CANCER INSTITUTE

Congratulations to Cohasset and Hull's top athletes

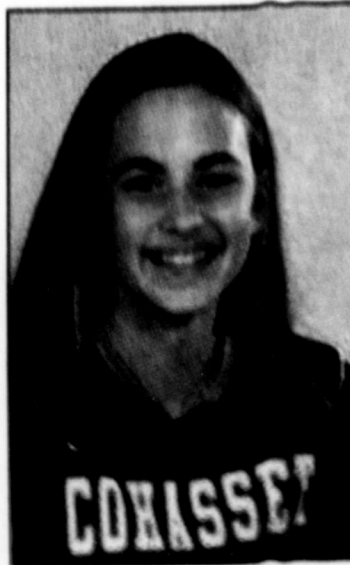
Cohasset and Hull All-Scholastics Sponsor



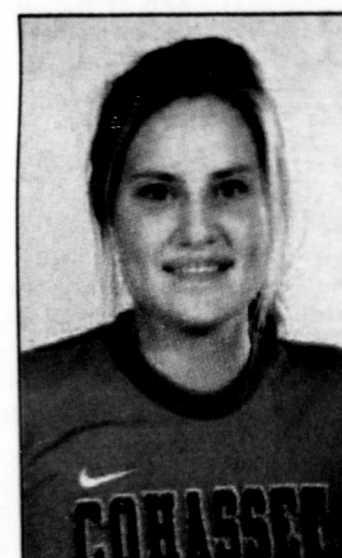
MICHAEL FECHTER
Cohasset Golf



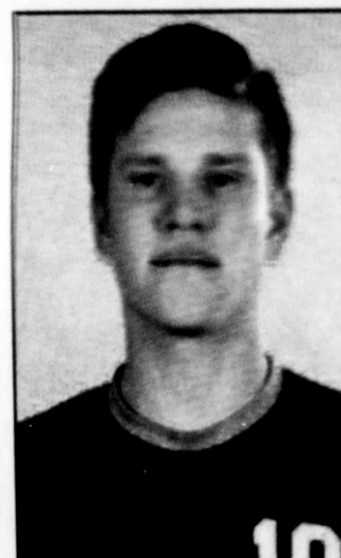
ELLE HANSEN
Cohasset Field Hockey



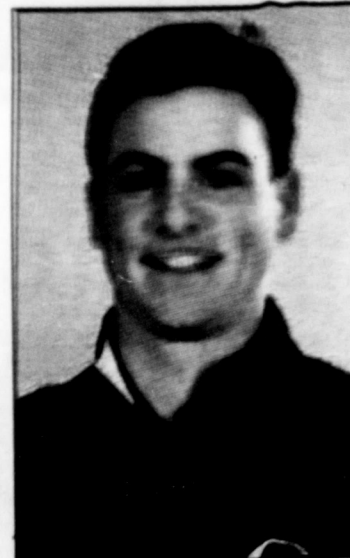
MAEVE HUMPHREY
Cohasset Soccer



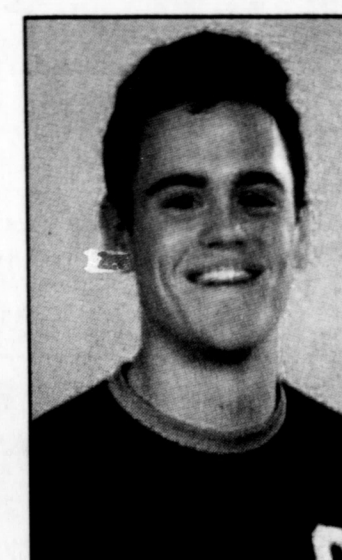
EMMA LOFT
Cohasset Soccer



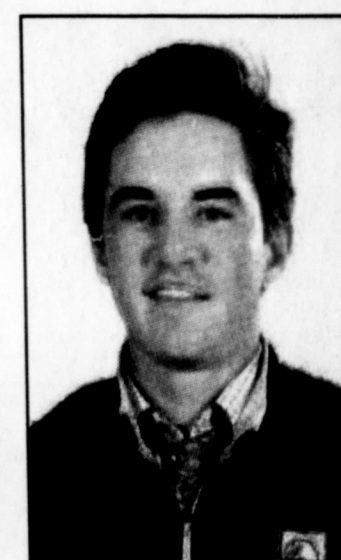
MATHIAS LOFT
Cohasset Soccer



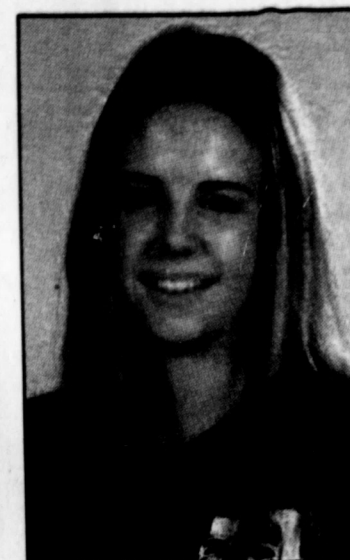
MICHAEL MCKELVEY
Cohasset Golf



LIAM O'CONNELL
Cohasset Soccer



JACK O'DONNELL
BC High Golf



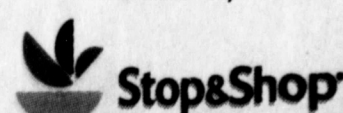
CAITLIN RYAN
Hull Soccer



KATIE TALACCI
Cohasset Field Hockey

The Patriot Ledger
ALL-SCHOLASTICS

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buzzeddriving.azdouncil.org

POLITICS

OBITUARIES

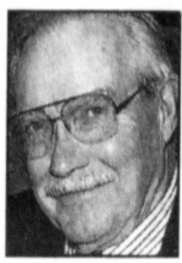
Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

John E. Garrigan

COHASSET — John Edwin Garrigan, age 85, of Cohasset, formerly of Hanover, died peacefully surrounded by family on January 22, 2017.

He is survived by his close friend Jane Ellis and was the loving father of Brian Garrigan and wife Lauren of Milford, Mass.; Brenda Garrigan of Quincy, Mass.; Martha Tricker and husband Scott of Halifax, Mass.; and Mark Garrigan of Stratford, N.H. He was the devoted grandfather of Jarrod, John, Elizabeth, and Forrest, and the brother of Phyllis Quinlan and husband Lawrence of Bridgewater and the late Rosemary Wyman of Norwell. He remained close with his former wife Claire (Ferguson) Garrigan and former daughter-in-law Karen Garrigan and husband Randy, and many nieces and nephews.

John served in the U.S. Army in Korea, receiving two Bronze Service Stars. He taught physical education and later special education classes at Hingham Public Schools for 43 years, pioneering specialized practices for students with emotional difficulties. He enjoyed skiing, golf and cribbage, rode a motorcycle and soloed an airplane, and loved the Andy Grief.



John E. Garrigan

Family and friends celebrate John during visiting hours on Friday, January 27, from 3-7 p.m. at the McNamara-Sparrell Funeral Home, 160 South Main St. (across from St. Anthony Church), Cohasset, MA. A funeral service held on Saturday, January 28, at 2:30 p.m. at the First Congregational Church of Hanover, 17 Silver Street, Hanover, MA. A private interment ceremony will be held at a later date at the Massachusetts National Veteran's Cemetery, Bourne.

In lieu of flowers, donations may be made in John's name to the Old Colony YMCA, Big Sister Big Brother, 330 Main St., Brockton, MA 02301.

Feel free to write "in memory of John Garrigan" on the memorial of the check. For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell
Funeral Home
Cohasset-Norwell
781-383-0200

David M. DiPasquale

HINGHAM — David Michael DiPasquale of Hingham, passed away at home, after a period of declining health, on Saturday, January 28, 2017, at the age of 87, surrounded by his family.

For over 49 years, he was the beloved husband of Aida (nee DiLoreto).

He was born March 21, 1929, in Detroit, Michigan, the son of the late Maria (nee Rossi) and Pietro DiPasquale. He was raised and educated in Detroit, where he graduated from the University of Detroit with a Bachelor of Science in Engineering as well as a master's degree in Business Administration.

After graduation, he served in the United States Air Force as a radar technician during the Korean War. Upon returning to Michigan, he began his career in the automobile industry, and then spent the majority of his professional life with National Precast, Inc., where he was a founding partner.

After retiring in 2000, he and his wife moved from Grosse Pointe Woods, Michigan, to Cohasset, and later to Hingham.

In his leisure time, David enjoyed reading non-fiction, following professional sports teams from Detroit and New England, watching classic movies, and listening and dancing to music of the Big Band era.

He and his wife both enjoyed traveling, especially to visit their children and grandchildren. He was a devoted and cherished husband, father, and



David M. DiPasquale

grandfather. In addition to his wife Aida, David is survived by his five children, David Jr. and his wife Farah of Medford, Anthony and his wife Partha of Hinsdale, Illinois, Paul and his wife Elena of San Diego, California, Christopher of Boston, Sandra Walker and her husband Alec of Cohasset, and his eleven grandchildren. He is also survived by his sister, Rose Iannuzzi of East Pointe, Michigan, and many nieces and nephews.

Family and friends will gather to celebrate David Friday, Feb. 3, 2017, from 8:30-10:30 a.m. in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset, followed by a Mass of Christian burial in St. Anthony Church, 10 Summer St., Cohasset, at 10:30 a.m. Interment will follow at the Blue Hill Cemetery, 700 West Street, Braintree.

In lieu of flowers, donations in his memory may be made to the Norwell Visiting Nurse Association and Hospice, 120 Longwater Drive, Norwell, MA (www.nvna.org).

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell
Funeral Home
781-383-0200

AG Healey assails Trump at regional forum

By Lane Lambert

Attorney General Maura Healey on Monday night assailed President Donald Trump as "a president who doesn't seem to understand what is lawful."

Speaking at a town-hall style forum at Derby Academy in Hingham, Healey said Trump's weekend executive order against refugees and immigration from some Muslim countries is unconstitutional, and showed his "callousness."

"He does not have a mandate for much of what he promised," she told a packed, overwhelmingly Democratic auditorium audience of 500. "And we are going to remind him."

Healey's political committee and South Shore Democrats had scheduled the event long before Trump's Friday night order set off waves of protests at airports in Boston, New York and other cities. The forum was the fifth Healey has held around the state since the 2016 election.

Trump campaigned on a pledge to clamp down on Middle East refugees, and within hours after he issued his Friday order, travelers from Syria and six other Middle East countries were detained and in some instances forced onto return flights, even though they had visas or were legal permanent U.S. residents.

The order also temporarily shut down the entire U.S. refugee program, leaving some refugees in legal limbo.

Healey repeatedly said the executive order is "unlawful" and "unconstitutional." She told her audience that she'll join Washington's governor and attorney general and the American Civil Liberties Union's challenges to the order.

On Sunday she'd already joined 15 other state attorneys general in a statement condemning the temporary immigration and refugee shutdowns.

"I can tell you that your fear and concern is shared across the country," she said.

During a question-answer session, Healey spent as much time urging her audience — and concerned citizens in general — to get involved in many ways, from calling Congress members on issues to volunteering as English language tutors for immigrants.

"I need you to stay strong and stay focused," she said. "People make stuff happen in this country. People need to speak out, day after day after day."

For starters, she suggested that everyone quit paying attention to Trump's incessant tweets.



Attorney General Maura Healey chats with Les Taylor of Marshfield who was wondering if she would be able to stop by his faith community to talk about gun violence after her town hall session at Derby Academy in Hingham on Monday, Jan. 30. WICKED LOCAL STAFF PHOTO/ROBIN CHAN



Attorney General Maura Healey talks with people who gathered to Derby Academy in Hingham for her town hall forum on Monday, Jan. 30. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

"Pay attention to what he's doing, not what he's tweeting," she said.

Healey drew a ripple of "oh no" reactions when she said Trump may soon issue a new executive order that would strip anti-discrimination protection for lesbians, gays and transgender people in a wide range of areas, from employment and social services to businesses and adoption services.

Some news sites reported Monday that the order would be cast as a religious-freedom action.

"We're going to have to stay tuned," Healey said. "We'll see what we're dealing with next week in court."



Nicolas Hyacinthe of Randolph who was the lone black member of the audience invites people from the South Shore to visit predominantly black neighborhoods after it was suggested that people from the South Shore should invite people of color to talk about their experiences. WICKED LOCAL STAFF PHOTO/ROBIN CHAN



Anthony George of Hingham asks if Maura Healey could comment on the fact that Trump hasn't shown proof of divesting from his businesses during the Q&A period of the town hall forum. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

DON'T MISS THIS

Grant available for assistance dog

Do you know of a Cohasset resident who would benefit from the support of a trained Service Dog? The Cohasset Working Dog Foundation has a grant available to help fund the purchase and

training of an assistance dog for someone in our community.

Trained service dogs can enable people with all kinds of disabilities to live an enjoyable, more normal life! Service Dogs

can provide assistance to adults and children with all sorts of disabilities, including those who have vision or hearing impairments, mobility impairments, autism, T1D, seizures and more.

Grant applications are available now and will be accepted until March 1, 2017. For an application, please send name and mailing address to info@cohassetworkingdog.org.

SAVE THE DATE

Heart Healthy Wellness Day coming this month

February is Heart Health Month and what better way to celebrate and participate than with a day of self-care and wellness at Cohasset Recreation Center. The Recreation Center has planned an afternoon of yoga and Tai Chi for all generations — Sunday, Feb. 12th at the Cohasset Recreation Department.

Learn how these healing practices can support your overall wellness plan for this year and beyond, by reducing stress, increasing strength, balance and mindfulness. The

instructors encourage you to spend the day with family or bring a friend along and start a new healthy practice. Participants will be offered heart healthy snacks, essential oil samples and hand-meridian massages throughout the day.

Schedule

■ 12:30-1:30 p.m.: Tai Chi Fred Willette

■ 1:40-2:40 p.m.: Therapeutic Yoga Amy Dillillo

■ 2:40-2:40 p.m.: Pk-K Kids Yoga Kim Spires

■ 2:50-3:50 p.m.: Senior Yoga Carol Anglin

■ 4-4:45 p.m.: K-5th grade Kids Yoga Amy Dillillo

■ 4-5:30 p.m.: Ashtanga Yoga Cindy Matheison

Everyone is encouraged to register in advance at cohassetrec.com. Cost is \$18 for one additional companion and \$10 child (age 5-15). Cohasset Recreation is located at 100 Sohier St.

DON'T MISS THIS

Broadway Favorites for Charity

On Saturday, Feb. 11 at 8 p.m., the solo voices of the Unicorn Singers and Broad Cove Choral will present "Broadway Favorites for Charity" — its 8th annual Broadway revue to benefit Horizons for Homeless Children. The revue will be performed at the House of Prayer, 916 Main St., Hingham.

Horizons is a nonprofit organization based in Boston that provides early education centers and other services for homeless children. They are particularly proud of their Playspaces Program, which provides child-friendly rooms in more than 120 partner shelters across the state. These spaces are designed to respond to the needs of children 0 to 6 experiencing the trauma of homelessness, and are staffed primarily by

trained volunteers.

The Revue will feature not only numbers from "My Fair Lady," "Fiddler on the Roof," and "Phantom of the Opera," but also beautiful new songs from such newer shows as Make Me a Song, If/Then, and Hamilton.

Enjoy some great singing, come to the reception, buy raffle tickets, and contribute to a worthy cause!

Reservations are \$30 in advance, \$35 at the door. You may pay (or contribute) on line at bcc-us.org (or google Unicorn Singers) or mail a check made out to Horizons for Homeless Children to Sally Davenport, 63 Burditt Ave., Hingham, MA 02043. Snow date is Sat., Feb. 25.



Matt Mulder of Scituate; Tracy Summerer of Hingham; Sally Davenport of Hingham; and Joan Soble of Quincy performing "Loungin at the Waldorf" at the 2016 Broadway Favorites concert. COURTESY PHOTO

YOUR VOTE COUNTS!



The 2017 Readers Choice Awards are here!

Look for the ballot in today's paper or online at wickedlocaffavorites.com



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Bluetooth Speaker II

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Favorite Baseball Team

Third Prize
Gift Certificate to a local
restaurant or entertainment
event/venue.

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LOCAL



Wicked Local Favorites



@wickedfavorites



SAVE THE DATE!

Saturday, March 4, 2017
8:00am - 12 noon
Hampton Inn / Boston Natick

Experience the latest in home trends at Wicked Local U: Home!

Join us at this FREE event and learn tips, tricks and how to's from local home and design experts!



Featuring Keynote Speakers

Dean Marsico and
Derek Stearns
from DIY & HGTV



Dean & Derek

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- DIY - Tackle basic home repairs on your own
- Design - Learn the latest trends in interior design
- Outdoor Living - Extend your living space outdoors to complement your home

Space is limited! Register at
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To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset police log for Monday, Jan. 23, through Sunday, Jan. 29. The log is public record and available for review. All persons are presumed innocent unless found guilty in a court of law.

Monday, Jan. 23

5:42 a.m.: A commercial fire alarm was reported at Fiori's Gulf Service Station on Chief Justice Cushing Highway. Fire personnel reported the ventilation alarm went off and they would be ventilating and resetting. Personnel were unable to reset the alarm.

8:34 a.m.: A possibly sick raccoon was reported on Grace Drive. The animal was disposed of.

9:31 a.m.: Police responded to the Sandy Beach Association on Atlantic Avenue to check on a seal. The seal was OK and went back in the water.

10:08 a.m.: A residential kitchen door alarm was reported on Whitney Woods Drive. Police found an open back door and checked and secured the house.

12:45 p.m.: A caller reported a past break-in on Chittenden Lane.

3:02 p.m.: A caller reported a crane in the roadway with no traffic detail on Beechwood Street at Bound Brook Lane causing a traffic backup. An officer reported he was on detail there, and they were moving the crane.

4:04 p.m.: An interior motion alarm was reported at a residence on Beechwood Street. Police reported the residence appeared secure.

4:21 p.m.: A caller reported a tree branch in the road in front of the church on South Main Street. The branch was moved.

5:13 p.m.: A caller reported that a male party was parked in her driveway on Nichols Road claiming that he needed to shut off her sewer service for repairs in the area. The sewer department was contacted, and they were doing work in the area.

6:11 p.m.: A caller reported a bunch of tree branches in the road behind Stop and Shop Gas Station on Chief Justice Cushing Highway. Police reported nothing showing.

7:24 p.m.: A caller reported that the arm at the MBTA Cohasset Station back entrance on North Main

Street was lying broken in the road. MBTA was notified.

Tuesday, Jan. 24

7:02 a.m.: A caller stated he lost power at his house on Howes Lane but was at work. He was concerned there might be a tree down and requested a police response. Police reported a tree down halfway down Howes Lane but no wire problems. The Department of Public Works was notified.

8:01 a.m.: National Grid requested police help with traffic at King Street at Sohler Street while they refused the pole.

8:15 a.m.: A carbon monoxide alarm activation was reported on Ledgewood Drive. Personnel reported readings in the house and shut off the heating system. The house was ventilated. The homeowner got in touch with the oil burner company, and the plumbing inspector was notified.

3:07 p.m.: Debris were reported on the tracks on Sohler Street. MBCR was notified and called the reporting party back. An officer reported no debris.

3:33 p.m.: A caller reported a tree branch in the road on Black Rock Road at Forest Avenue blocking one lane of travel. Police reported nothing showing the whole length of Black Rock Road.

3:39 p.m.: A wire was reported down in the area of Forest Notch. Police reported it was a Comcast communication wire. The resident contacted Comcast to handle.

5 p.m.: A caller reported a small white dog running in the roadway on Beechwood Street. The dog returned to its owner.

6:23 p.m.: A caller reported the road flooded on Forest Avenue at North Main Street. Police reported a large puddle but the road was passable.

Wednesday, Jan. 25

7:31 a.m.: A laundry hallways smoke alarm was reported at a residence on King Street. Fire personnel spoke to the party on site and were unable to determine the reason for the alarm activation.

10:15 a.m.: A caller reported that yesterday her neighbor saw what appeared to be a half coyote, half wolf in the area of Sohler Street near

the school. The animal had not been seen again, but the caller was concerned about people and children and wanted it on the record.

12:40 p.m.: A dog walker reported a standard brown poodle missing on Pleasant Street, and the owner believed it may have broken the electric fence. The animal control officer checked the area, and the owner later reported the dog returned home.

4:29 p.m.: A caller reported a smell of gas inside an apartment on Avalon Drive. She stated she was waiting in her car and that it has happened before and was coming from her neighbor's apartment. Fire personnel ventilated and shut off the gas. National Grid was notified and responded.

9:21 p.m.: A caller reported she could hear what sounded like a younger female party yelling and screaming "No" and banging on the wall on Bay View Drive. She stated she could only hear the one voice, and it sounded like they were in pain. Police reported it was a son throwing a temper tantrum over doing some homework, and the dispute was verbal only.

10:48 p.m.: A caller reported loud music coming from Perch 143 on Stagecoach Way. The caller stated she had gone over to ask them to quiet down but the music was so loud they didn't hear her knocking. Police reported they were playing music while cleaning up. The music was turned off.

Thursday, Jan. 26

12:05 a.m.: Two suspicious vehicles were reported on Chittenden Lane at Sohler Street. Police checked OK; the vehicles belonged to residents in the area.

6:59 a.m.: A caller reported a deer on the side of the road near Coastal Auto-center on Chief Justice Cushing Highway. Police reported the deer was still alive, and an officer put down the deer. Mass Highway was notified.

9:35 a.m.: An interior motion alarm was reported at a residence on Beechwood Street. Police reported the house was secure and there were a couple of small dogs running around inside.

10:13 a.m.: A minor motor vehicle crash was reported at Walgreens on Chief Justice Cushing Highway. The



TRAFFIC SAFETY TIP OF THE WEEK: Use extra caution when approaching snowplows or sanding trucks. Stay well behind them. They may make frequent stops and wide turns. Avoid passing them, even on four-lane roads. They can track up snow and spray onto your windshield, making it difficult to see and the sand can damage your paint. Also, the road ahead may not have been treated yet so it's always safer to drive behind them. COURTESY PHOTO

caller asked for an officer to come by and assist.

10:20 a.m.: A caller reported smoke in a house on King Street and was unsure where it was coming from. The house was evacuated. Fire personnel reported nothing showing.

5:18 p.m.: A caller reported he struck a deer near Starbuck's on Chief Justice Cushing Highway. On call back, the reporting party stated that the Scituate police had moved the deer to the side of the road, and the vehicle was driveable.

Friday, Jan. 27

1:15 a.m.: A problem was reported with a carbon monoxide alarm at a residence on Bates Lane. Personnel reported negative readings in the house.

9:40 a.m.: A caller reported a smoke detector sounding on Fairways Lane with no smoke or fire. Personnel reported an issue with the first floor alarm. The alarm was cleaned and the batteries replaced.

10:01 a.m.: Fire personnel checked a residence on Buttonwood Lane with a gas meter, and all readings were normal.

3:51 p.m.: A school bus driver reportedly ran a red light on Beechwood Street at Chief Justice Cushing Highway. The caller believed the bus was empty.

10:50 p.m.: A caller reported a loose black, white and brown beagle wearing a collar on Norfolk Road. The dog was reunited with its owner.

Saturday, Jan. 28

5:16 a.m.: A homeowner reported her 10-year-old golden Lab named Jake missing for about half an hour on Beechwood Street. She did not know if it had a collar or tags but stated it usually stayed in the Main Street area.

11 a.m.: A staircase motion alarm was reported at a residence on Border Street. Police checked and secured the residence.

11:20 a.m.: An interior motion alarm was reported at a residence on Lily Pond Lane. Police reported the residence appeared in order but the garage was unsecured.

11:52 a.m.: A passerby reported a tree leaning on a wire on Chief Justice Cushing Highway at Pond Street. An officer checked the area and reported nothing showing.

6:12 p.m.: A garage door alarm was reported at a residence on Forest Avenue. Police reported the door was closed but unsecured and there were two dogs inside. Entry was made, and police checked above the garage. The dogs prevented access to the rest of the house.

6:16 p.m.: A caller reported an SUV across the street on Hemlock Way putting construction material into the vehicle. The caller stated the driver got into the car and went further down Hemlock to another construction site. The male party stated that everything he took was from the dumpster, and police confirmed that there were

similar materials inside the dumpster.

7:21 p.m.: A caller requested a well-being check on a female party on Jerusalem Road. He stated he heard a loud bang earlier and the apartment was dark and the dog barking, which was unusual. Police contacted the female party's brother, who gave her phone number but stated he had not spoken to her in months. Police gained entry with damage to the door. No one was home, and a note was left for the homeowner stating what happened.

Sunday, Jan. 29

8:51 a.m.: A neighbor on Summer Street reported hearing an alarm sounding but seeing no smoke or fire. The neighbor stated the homeowners were not at home. Personnel reported a high-pitched buzzing and secured the building.

10:37 a.m.: A Jeep was reported hitting a tree on Margin Street. National Grid was notified, and Scituate Collision took the vehicle.

12 p.m.: A caller reported a fawn with what appeared to be an injured leg behind Dunkin' Donuts on King Street. The caller stated it was last seen behind Marylou's. The animal was gone on police arrival.

10:20 p.m.: A fire investigation was conducted on Doane Street. Personnel reported a faulty detector, and the homeowner contacted an electrician.

GIMME SHELTER

Purr-fect Persian loves to be pampered

By Jamie Baranow

Lani is a gorgeous Persian who is looking for her forever home. She is so unique and exotic looking and is the perfect combination with her beautiful long fur and adorable face.

Lani is a sweetheart and she lights up when you walk into the room. She has no shortage of purrs and head butts to get your attention and show her love. She is such a gentle and kind kitty and is truly a special cat as she is already sweet and loving in a shelter setting.

Lani will no doubt need a lot of grooming but daily brushing will be no problem with this girl. She loves enjoying a treat while being brushed and purrs while getting pampered.

After being picked on by some other siblings, she will need to be an only cat in her new home. That shouldn't be a problem because she has a huge sweet personality and an incredible amount of love to give. At 10-years-old, this girl is looking for a calm and loving home. She is ready to be adopted and settle into her new forever home. Is she the one you've been looking for?

You can learn more about the shelter and the cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at 487 Nantasket Ave.



Lani's fur coat is so luxurious that she will always be the center of attention wherever she goes. It is also good news that Lani enjoys being brushed. COURTESY PHOTO

in Hull. Open hours are Monday nights, 6:30 to 7:30 p.m., and Saturdays, 2 to 3 p.m. You can also make an appointment if these times are not convenient for you by calling our adoption coordinator, Judy, at 781-534-4902.

Kittendales

HSAR is a no-kill shelter that relies solely on fundraising events, grants and donations. You can still pick up your 2017 Kittendales Calendar where every penny goes directly towards helping the cats at HSAR. They are sold at Toast Restaurant in

Lani is ready to be adopted and settle into her new forever home. Is she the one you've been looking for?

Hull, at the shelter, and on www.kittendales.com. We also welcome any of your returnable cans and bottles as that also goes directly to helping the cats in our care. We have drop off bins located at the shelter and at A Street.

—Jamie Baranow is a volunteer with Hull Seaside Animal Rescue.

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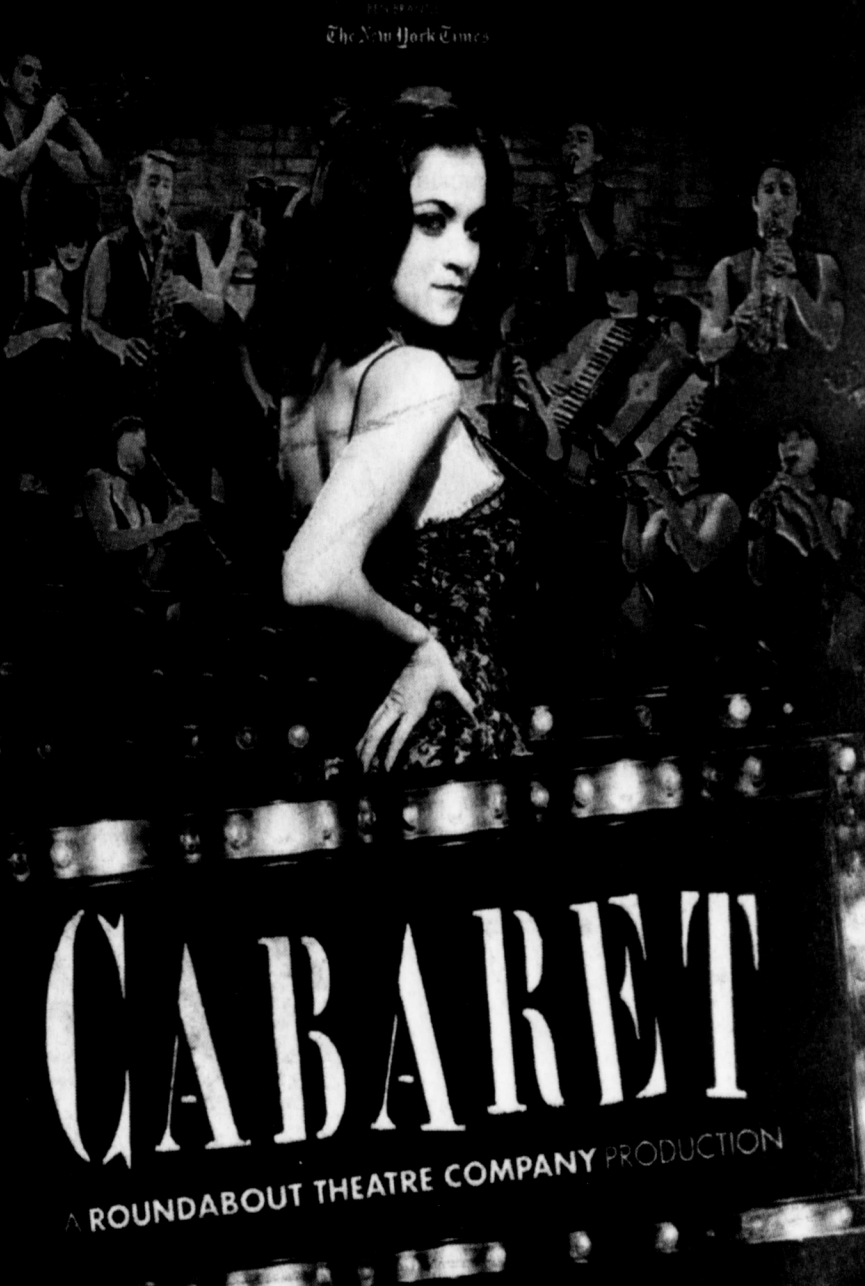
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"The Selfie in American Life" is just one of the many courses offered in the Wellesley Pre-College Residential Program geared toward female high school students seeking a unique, immersive college experience. COURTESY PHOTO

But Wait,

First Let Me Take a Selfie

By Heather Corbally Bryant,
PhD and Lecturer at Wellesley College

How many times have you said that yourself, or to a friend? How many selfies do you have on your phone right now? Did you know that "selfie" was the word of the year in 2013, the same year it made it into the official Oxford English Dictionary? And, if you search the word "selfie" on Google, you get 481,000,000 results in 48 seconds. You can even purchase

a toaster that will make selfie toast, literally stamping your own image on your personal piece of toast.

As a Lecturer at Wellesley College I began to wonder if a fundamental cultural shift was taking place. Are we beginning to think of ourselves in front of the world rather than as looking out at the world? Are we becoming more concerned with recording our attendance at an event rather than being involved with the event itself? Is the desire to document a moment taking precedence over

living the experience? These are just a few of the themes we explore in my summer class for high school students at Wellesley College.

Of course, the impulse to make one's mark on the world is not new. The discovery of the red hand prints made on the walls of a cave in El Castillo, dated at 40,800 years old, make it "Europe's oldest dated art by at least 4,000 years," according to a 2012 article in National Geographic.

Self-portraiture thrived in the Renaissance, and has continued

throughout the ages, taking various forms and shapes over time. Think of Leonardo Da Vinci and Michelangelo, and many other artists and writers, especially women and people of color — many of whose works have not survived. But then there is Neil Armstrong — as he stepped on the moon, he took the first selfie from space.

Selfies have permeated every aspect of our culture at a rapid pace. In the recent presidential election, people wanted selfies taken with the candidates rather

than simply taking pictures of those running for office. Expectant parents now post pictures of their babies in utero, as though they are already preparing for a life of selfies. Doctors are reporting a spike in visits to emergency room for small children. Did you know that, last year, more people died while taking selfies than from shark attacks?

Even toddlers, if given a smartphone, snap selfies. A marriage proposal is now often accompanied by the requisite selfie of the

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happy couple, or simply of a disembodied hand wearing the new ring.

How many of us are living our lives based on an idea of how we can present ourselves to others? And how much anxiety is that instilling in us? How many selfie snapshots do you share in an hour? In fact, does the ability to make an image of our face distinguish us from other animals or species?

David Slater, a British photographer, found out the hard way. In his work with the female crested black macaque monkey, the monkey got ahold of his camera and took a classic selfie, with the requisite smile, and the perfect centering. An international copyright battle ensued about who owned the rights to the image.

The next time, stop and ask yourself why, before you take a selfie. For women, how has the desire to compose oneself in front of the world reinforced classic stereotypes about gender and body image? The ability to see oneself at any moment throughout the day, simply by turning the camera around, has altered our sense of self for both women and men. Perhaps it is time to wonder why that self-facing camera has become so indispensable.

"The Selfie in American Life" is just one of the many courses offered in the Wellesley Pre-College Residential Program geared toward female high school students seeking a unique, immersive college experience. Students will enjoy academic, social, and intellectual opportunities.

Heather Corbally Bryant is a Lecturer in



A female crested black macaque monkey took a selfie with photographer David Slater's camera and a copyright battle ensued over who owned the rights to the image. COURTESY PHOTO

the Wellesley College Writing Program. Her relevant and timely work with high school students is one of the outstanding elements of Wellesley's pre-college summer programs.

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EDUCATION

Considerations for college-bound students

StatePoint

Transitioning to college life can be difficult on both students and families. From new expenses to a new lifestyle, being prepared for what lies ahead can help you avoid common bumps in the road.

Here are five things families with college-bound students should consider:

- **Getting involved:** Being away from home and making new friends can seem daunting. Encourage your student to get involved in school activities and events. From joining the campus paper to running for student government, there are a range of extracurricular opportunities that can lead to new friendships, help students maintain an active calendar and round out one's classroom education.

- **Health and wellness:** Late nights spent studying instead of sleeping, as well as crowded dorm rooms, can be a prescription for colds and flu. Check out on-campus and local health care options before your student gets sick. No one wants to scramble to re-

search medical options when he or she isn't feeling well. Many campuses offer student insurance. See what makes the most sense for your family. Locate a nearby pharmacist before visiting the doctor so you can provide that information at your appointment.

- **Financing College:** College may be one of your family's biggest investments to date. Whether that describes your family or not, there's no doubt about it, higher education comes with a big price tag. It's never too late in the process to seek out new financing options, even if your child is already away at school.

From filling out the Free Application for Federal Student Aid, to exploring private loans, free online resources can help guide you through the process. Check out resources designed for college-bound students and their families, such as Wells Fargo's "5 Steps to Financial Aid" video series, which offers helpful advice on finding a scholarship, applying for loans, and more from "Mr.

Fellows, your wiser college advisor," at www.WellsFargo.com/fivesteps.

- **Staying in touch:** You're busy. Your kid is busy. But regular check-ins with your student can help you know that everything is going well. Set up a weekly appointment to chat by phone and get the scoop — just make sure your student's phone plan allows for sufficient texting and calling.

- **Money management:** For many students, college is the first time they will gain some financial independence. Set your kids up for success by teaching them how to establish a workable budget. A checking and savings account designed for college students can help them stay on track. You can review money-management tools for college students at www.WellsFargo.com.

Don't let the transition to college catch your family off guard. Parents can make the transition easier for students by striking the right balance of "letting go" and staying involved.

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KENNEDY'S COUNTRY GARDENS



Branching out to host special events

Greenhouses, patio available for rent

Kennedy's Country Gardens now hosts functions all seasons inside the beautiful greenhouses. WICKED LOCAL STAFF PHOTO/ALYSSA STONE

By Ruth Thompson
rthompson@wickedlocal.com

A private patio tucked away among the trees overlooking a landscaped lawn, lush plants and, in the distance, the North River. Flowers in full bloom add to the ambiance of a warm greenhouse. A string of tiny lights woven through the tree branches hanging over a long table cloaked in white linen.

These are images not of an exclusive club or mansion but from a place closer to home and much more attainable — Kennedy's Country Gardens.

The well-known gardener's haven, located on Chief Justice Cushing Highway (Route 3A) at the Sgt. Michael J. Kelley Bridge in Scituate, has branched out to offer its patio and four greenhouses to be used for special events.

"The idea came about while trying to come up with a source of income during the off season," said owner Chris Kennedy, a Cohasset resident.

There are a variety of options available, for instance, the patio can be rented alone, or with one or more of the greenhouses. The greenhouses can be rented individually.

These venues are available year round. "There is so much that can be done to make the experience beautiful and memorable," said Kerri Roberts, store manager at Kennedy's. "We had a winter event in one of the greenhouses with poinsettias and lanterns. In the spring and summer you have all the bright-colored flowers, and in autumn the pumpkins and color of the leaves."

"While Kennedy's is offering the patio and the greenhouses for functions, it's not in the business of event planning."

"One of the things that makes this so unique is that people can bring in their own caterer," Kennedy said. "We recommend Chef's Table because they are really good, but if someone wants to bring in their own caterer we're okay with that."

The venue is ideal for intimate dinner parties, milestone birthday or anniversary celebrations, graduation festivities, and even small weddings.

"We know we can handle 40 to 50 people without any problem," Kennedy said. "There was a dinner party here in the fall. It was awesome. It was the perfect night and the perfect setting."

A graduation party was also held on the patio last



A view of the patio at Kennedy's Country Gardens. The patio and greenhouses are available year round for special events. COURTESY PHOTO

June, which went exceptionally well.

The Scituate Chamber of Commerce held its holiday party in one of the greenhouses recently.

"Part of the chamber's mission is to help promote our members and their businesses," said chamber president Lynda Ferguson. "When I found out that Kennedy's was stretching out into event venues I thought it would be the perfect match for our party and it would help him promote his new venture."

Ferguson called the chamber event "awesome." "Chris and his staff did a fabulous job of really making the venue magical for a holiday party," she said. "A lot of people commented on what a unique venue it was. The great part about it is you have the unique venue but you can bring in food from various restaurants and caterers in town so you are able to make the event truly personal."

One of our other members, CP's Woodfired Pizza, supplied the appetizers and dessert. He had no problem setting up and getting what he needed to provide the food for the party. I would highly recommend this venue."

There are some limitations to what Kennedy's can do, something both Kennedy and Roberts understand.

"There isn't a lot of parking on the property, and there is a business to run during business hours," Kennedy said, adding that

they are working on off-site parking, and that keeping events to weekends and evenings will make sure there will be no interference with the garden side of business.

There is also a space limitation, he said.

Obviously they can't accommodate a hotel ballroom size event, but what they can offer is something more intimate, more personal, and, as Kennedy and Roberts agreed, more unique.

With hotels, restaurants and larger function halls there are usually a few event packages to choose from. But the packages remain the same from client to client — there is no personal touch and individual whims are not encouraged.

At Kennedy's, the whole thing is about the personal touch, Roberts said. "When people have big events they'll often build a greenhouse, and bring in trees, but we already have that," Roberts said. "And they look so nice all decorated. It really is a different and special."

Kennedy and his staff will work with each client to ensure a wonderful experience.

"We want to be as accommodating as we can be," he said. "It's entirely up to what they want. Events could range from black tie where everyone gets dressed up, to something more casual. Everyone who walks in here will have their own ideas on how they want to use this space, and we're here to help make that happen."



The patio can accommodate small intimate tables, or something larger for a banquet setting. COURTESY PHOTO



Massachusetts Certified Horticulturist, third generation plantsman, and owner Christopher Kennedy poses for a photograph on Jan. 6, 2016. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



The lawn just off the patio makes a lovely spot for entertaining on that special occasion. COURTESY PHOTO

For more information about Kennedy's Country Gardens visit kennedyscountrygardens.com or

find them on Facebook under Kennedy's Country Gardens.

— Follow reporter Ruth Thompson on Twitter @scituateruth.

RUDOLPH ADAMO SALON

Cohasset novelist returns with new book

Author to sign, discuss 'The Edge of Everything' Feb. 4

By Ruth Thompson
rthompson@wickedlocal.com

Jeff Giles has been writing something or another since he was about 12 years old.

The summer after his first year in college, Giles was a reporter for the Cohasset Mariner.

In 1992, when he was in his 20s, he published a memoir about growing up in Cohasset, called "Back in the Blue House."

And for many years he worked as a writer and an editor at Newsweek and Entertainment Weekly in New York.

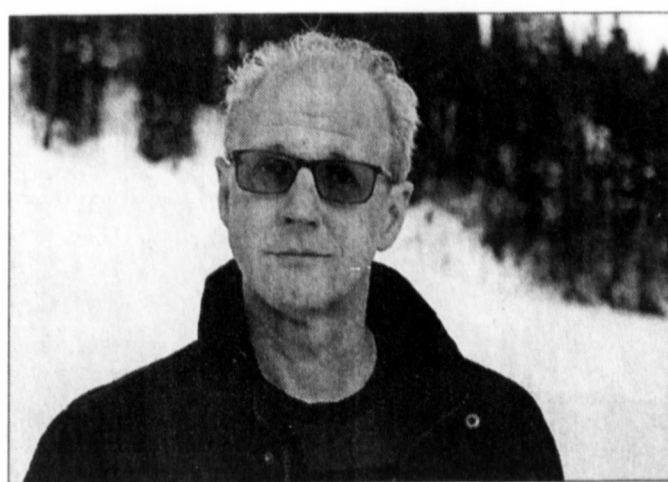
Giles returns to the South Shore this weekend for a book signing in Scituate at the Rudolph Adamo Salon on Saturday, Feb. 4. He will be on-hand to sign and talk about his novel, "The Edge of Everything."

"The Edge of Everything" is part supernatural thriller and part love story, Giles said.

"It's the first novel in a young adult series but like many YA books - 'The Hunger Games,' 'The Fault in Our Stars,' etc. - it should appeal to grown-up readers, too."

The book is about a Montana teenager named Zoe, whose dad just died in a cave accident.

"At the beginning of the novel, Zoe goes into a blizzard to save her younger



Author Jeff Giles grew up in Cohasset before moving to New York and then Montana, where his novel, 'The Edge of Everything,' is set. COURTESY PHOTO

brother and their dogs, and stumbles on a bounty hunter who's come from Hell to collect an evil soul," Giles said. "She convinces the bounty hunter not to kill the man, and then, seeing that the hunter is actually an innocent himself, tries to help him escape the underworld forever."

It was while working at Newsweek and Entertainment Weekly, where he interviewed hundreds of actors, directors, musicians and authors that Giles said he had seen how exciting the young adult genre had become.

"The movies 'The Hunger Games,' 'The Fault in Our Stars,' 'Twilight,' 'Divergent,' and 'Perks of Being a Wallflower,' along with a lot of others, came from YA (young adult) novels," he said. "YA readers are loyal and ravenous for good books, and authors can write about an amazing amount of subjects, as long as the stories center on teens. The idea for the opening sequence in the

blizzard came to me at Entertainment Weekly one day while I was supposed to be working."

Giles left his magazine job in New York around the time he got the contract to write the two novels in this series.

"My family and I moved to Montana, because my wife had always wanted to live near her dad," he said. "Since then, I've been writing fiction full time. I miss working in an office, and being part of a team, but I can't really complain because being paid to write novels is an honor and a dream come true."

Giles still maintains his ties to Cohasset and the surrounding area, and has drawn inspiration from the people here.

"My 12th grade English teacher, Ron Emmons, who I'm still in touch with thanks to Facebook, was an especially important teacher for me," he said.

When it comes to his own literary taste, Giles said he tends to read "weird stuff."



Jeff Giles will be signing copies of his novel at the Rudolph Adamo Salon in Scituate on Saturday, Feb. 4. COURTESY PHOTO

"I love the Scottish thriller writer Denise Mina. I love Haruki Murakami, who writes incredibly bizarre novels about missing cats. I love Alice Munro, who writes about lonely women in Canada. And I love Maria Semple, who wrote that great, funny bestseller 'Where'd You Go, Bernadette,' he said. 'Of all the famous, dead 'classic' authors, I like E.M. Forster the best: 'Room with a View,' 'Howard's End,' etc."

Hopefully, readers will think 'The Edge of Everything' is exciting and moving and funny."

"I wanted to combine my fascination with families

- what it's like to be a parent, a kid, a sibling - with an all-out adventure," he said. "It's an unusual mix, but people seem to think it works."

Any bookstore will either have or be able to order "The Edge of Everything," as will Amazon and Barnesandnoble.com.

Buttonwood Books, in Cohasset, will be selling copies at the event Giles is doing in Scituate on Feb. 4.

Giles' visit to the Rudolph Adamo Salon is a family affair. Salon owner, Susan Heger, is Giles' sister.

"He is going on tour and we thought we could be one of his stops as he grew up in Cohasset," salon manager

Cara Campbell said. Giles would love to have people stop by the salon.

"It's going to be a lot of fun," he said. "I'm thinking of reading a part of the novel that's actually set in a hair salon - a supernatural fight scene where hair spray and mirrors are used as weapons."

The Rudolph Adamo Salon is located at 114 Front St. in Scituate. Author Jeff Giles is scheduled to be at the salon signing his book starting at 6 p.m. on Saturday, Feb. 4.

— Follow Ruth Thompson on Twitter @scituateuth.



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Ballots must be received by Wednesday, February 15, 2017 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 26th and will be available online at wickedlocalfavorites.com.



Business/Place Name	Town	Business/Place Name	Town
Local Shopping			
1 Men's Clothing Store		41 Community Bank / Credit Union	
2 Women's Clothing Store		42 Insurance Agency	
3 Children's Clothing		43 Dance School	
4 Optical Shop		44 Gymnastics School	
5 Shoe Store		45 Retirement Living Residence	
6 Bookstore			
7 Photography		Local Flavor	
8 Gift Shop		46 Restaurant For Breakfast	
9 Jewelry Store		47 Restaurant For Lunch	
10 Florist		48 Restaurant For Dinner	
11 Sporting Goods Store		49 Fine Dining Restaurant	
12 Toy Store		50 Italian Restaurant	
13 Pet Services		51 Pizza Place	
14 Liquor Store		52 Thai Restaurant	
15 Furniture Store		53 Mexican Restaurant	
16 Carpet/Flooring Store		54 Family Friendly Restaurant	
17 Appliance Store		55 Seafood Restaurant	
18 Home Decorating Store		56 Chinese Restaurant	
19 Hardware/Home Improvement Store		57 Sushi Restaurant	
20 Garden Store/Nursery		58 Takeout Restaurant	
21 Consignment Shop		59 Steak House	
		60 Bakery	
Local Services			
22 Accountant/Financial Planner		61 Coffee Shop	
23 Maid/House Cleaning Service		62 Ice Cream Shop	
24 Landscaper		63 Butcher Shop/Deli	
25 Attorney/Lawyer		64 Fish Market	
26 Veterinarian/Animal Hospital		65 Bar	
27 Martial Arts		66 Caterer	
28 Hair Salon			
29 Day Spa or Massage		Regional Favorites	
30 Manicure/Pedicure		67 Hospital	
31 Tanning Salon		68 Wedding Venue	
32 Health Club/Yoga Studio		69 Beach	
33 Weight Loss Center		70 Golf Course	
34 Assisted Living		71 Museum	
35 Doctor/Primary Care Physician or Pediatrician		72 Place To See Theatre	
36 Dentist or Dental Office		73 Place For Family Entertainment	
37 Chiropractor		74 Summer Camp	
38 Daycare/Preschool		75 Mall	
39 Dry Cleaner/Tailor		76 Discount Store	
40 Auto Service/Repair		77 Supermarket	
		78 Car Dealership	
		79 Tree Services	
		80 Home Delivery Oil Company	

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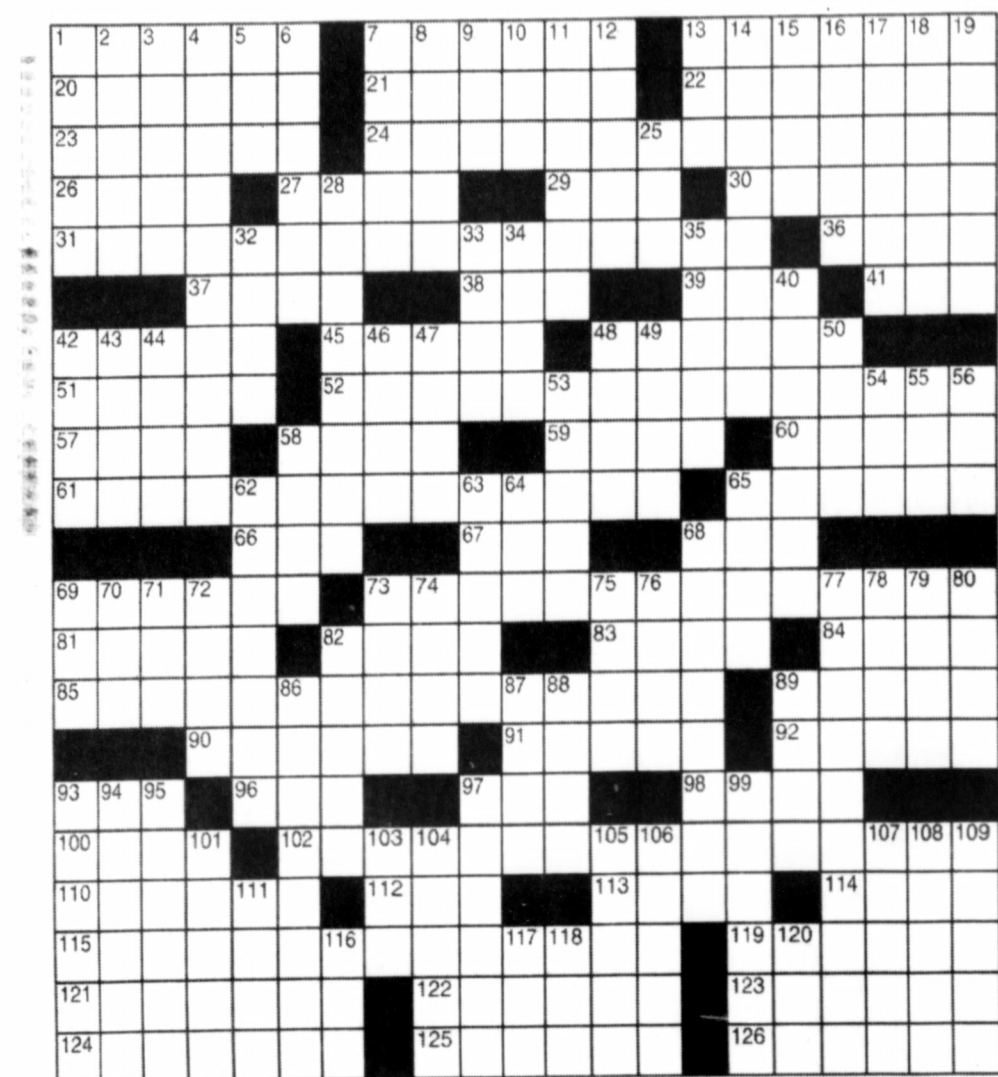
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PUZZLES

Crossword • THE SCIENCE OF TRUMPETERS



ACROSS

1 Like galaxies and nebulae
7 Cry after a long wait
13 Beef or pork alternative
20 Natokov novel
21 Obscure companion
22 Volcanic flow
23 Is a hammy actor
24 Start of a riddle
26 Extras for devices
27 See 8-Down
29 — out a win (just prevail)
30 Long Island town with a Triple Crown race track
31 Riddle, part 2
36 Corn bread
37 Barbecue safe
38 Shaker (city in O.)
39 Sweet roll
41 Scuff up, e.g.
42 Opposing votes
45 March Madness, with "the"
48 More spafel
51 Jack up, e.g.
52 Riddle, part 3

57 Brow shape
58 Boxer's prize
59 Astral bear
60 Robinson Crusoe novelist
61 Riddle, part 4
65 Banquets
66 "After" lyricist — David
67 Scrubs sites
68 Ending for pay
69 Blockhead
73 Riddle, part 5
81 Front wheel convergence
82 Not of the cloth
83 Jedi's furry friend
84 Butter lookalike
85 End of the riddle
86 Shrimplike crustacean
89 Exploding water balloon sounds
91 Triple-time dance, in
95 March Madness, with "the"
98 More spafel
99 Jack up, e.g.
102 Start of the riddle's answer
110 Apartment window sign
112 Hoover offering, for short
113 Blockhead
114 Go bankrupt
115 End of the riddle's answer
119 Nobel winner Eugene
121 Northern French port
122 Pina fix part
123 Moo makers
124 And quality
125 Eternal City citizens
126 Enters, as a PIN

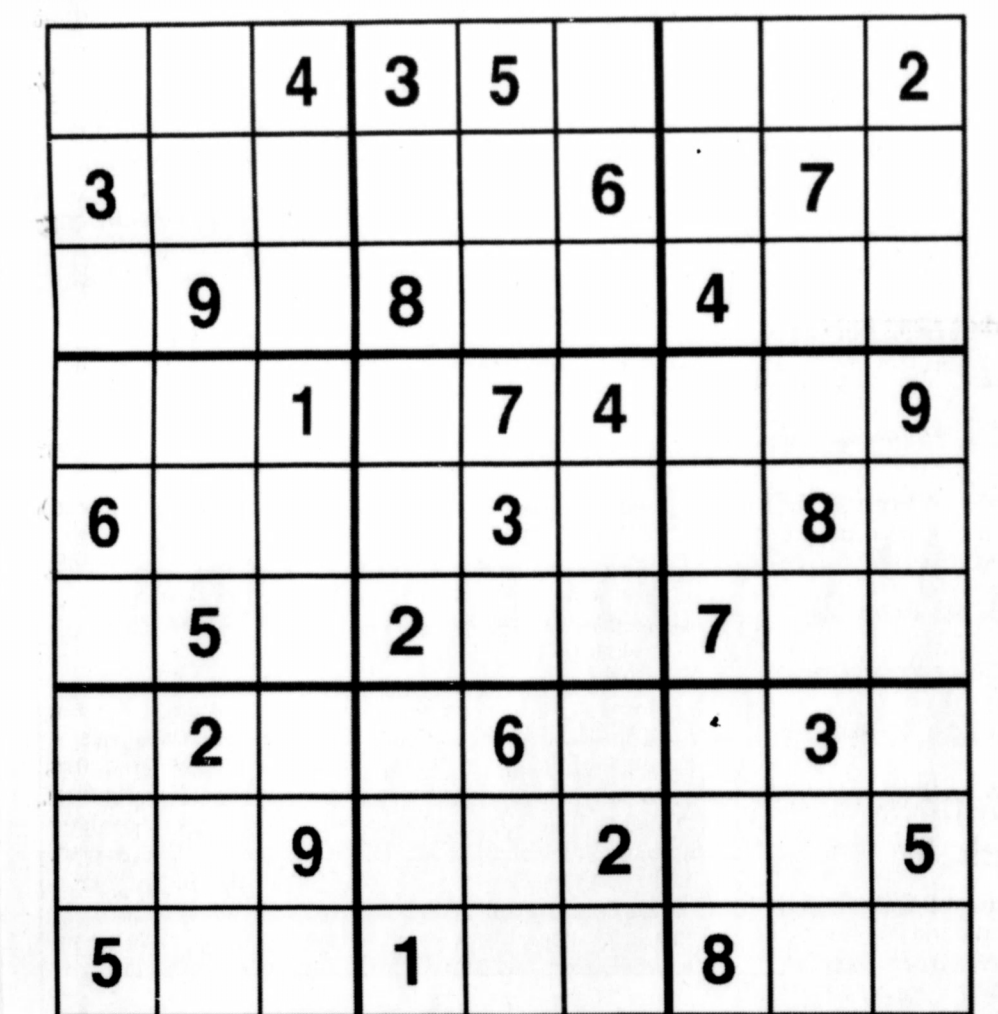
8 With 27-Across, Pavarotti number, e.g.
9 Ignited, as a fire
10 Fire leftover
11 Bedclothes
12 In bad taste
13 "Evil" role
14 Grand slams, e.g.
15 — cost ya' (Chiffons hit)
16 Put in a vise
17 Blast sound
18 Actress Lynch of four Harry Potter films
19 Talk on and on
25 Playboy founder, familiarly
26 Tool for moving
27 See 8-Down
28 Tool for moving
29 — out a win (just prevail)
30 Long Island town with a Triple Crown race track
31 Riddle, part 2
36 Corn bread
37 Barbecue safe
38 Shaker (city in O.)
39 Sweet roll
41 Scuff up, e.g.
42 Opposing votes
45 March Madness, with "the"
48 More spafel
51 Jack up, e.g.
52 Riddle, part 3

97 Danson of "Cheers"
98 Trunk growth
100 Seat of Grand County, Utah
102 Start of the riddle's answer
110 Apartment window sign
112 Hoover offering, for short
113 Blockhead
114 Go bankrupt
115 End of the riddle's answer
119 Nobel winner Eugene
121 Northern French port
122 Pina fix part
123 Moo makers
124 And quality
125 Eternal City citizens
126 Enters, as a PIN

44 Nervous twitches
46 Baby cow
47 Ent—
48 Ford make until '11
49 Celtic language
50 Emu cousin
53 "Bring It On" star Kirsten
54 Suppositions
55 Light bed
56 — So Fine (Chiffons hit)
58 Trying to
62 Lab-building exercises
63 Building pest
64 Get it wrong
65 Clamorous criticism
68 Often-requested Italian song
69 Extreme degree
70 Doctor's note
107 Hook worms
108 Palmer or Lehmann
109 "Juno" star
110 Organi need
105 Routinely
106 Pharmacy measures
107 Hook worms
108 Palmer or Lehmann
109 "Juno" star
110 Organi need
105 Routinely
106 Pharmacy measures

78 Jai follower
79 Hedge plants
80 Father's Day callers
82 Averse (to)
86 Big dishes
87 At any time
88 Dry riverbed
89 Onetime
93 "Someone informed me..."
94 Housestop laborer
95 A bit crude
96 Electronic music genre
98 See 71-Down
101 Irish writer Brendan
103 Biblical exile
104 Organi need
105 Routinely
106 Pharmacy measures
107 Hook worms
108 Palmer or Lehmann
109 "Juno" star
110 Organi need
105 Routinely
106 Pharmacy measures

Sudoku



Level: Challenging

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze • HEARD FROM THE CROWD

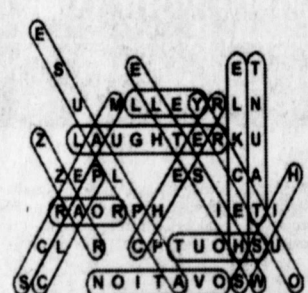
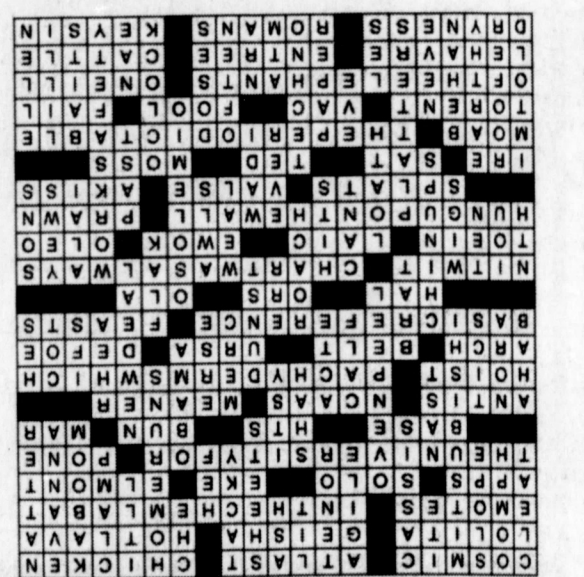
E D A X U R O L J G D A X V S
P N K I F C A X V S Q O L J H
E C A X V T R P N L J H F G D
B E Y X V T R P O M K I G N E
D B S Z X W E U T R Q E T I O
N L J U I M L L E Y R L N O G
F Z D L A U G H T E R K U O C
A Y Z E P L X W E S V C A B H
T S R A O R P H R P I E T I O
N C L L R K C P T U O H S U J
S C I G N O I T A V O S W F O

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Applause Hiss Razz Taunt
Cheer Laughter Roar Whistle
Clap Outcry Scream Yell
Heckle Ovation Shout

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SOLUTIONS



8	6	4	3	5	7	1	9	2
3	1	2	9	4	6	5	7	8
7	9	5	6	2	1	4	3	8
2	8	1	6	7	4	3	5	9
6	4	7	5	3	9	2	8	1
9	5	3	2	1	7	4	8	6
1	2	9	4	6	5	7	1	9
4	3	9	7	8	2	6	1	5
5	7	6	1	9	3	8	2	4

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CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

Staged reading of 'She Did All That' Feb. 9 at Company Theatre in Norwell

WHEN: 7:30 p.m., Thursday, Feb. 9
WHAT: Staged reading at Company Theatre in Norwell
INFO: The Company Theatre Center for the Arts, 30 Accord Park Drive, Norwell, will present a staged reading of "She Did All That" — Betty Ford: Speaking Out, Saving Lives" by stars from stage, screen and radio, to benefit the Dana-Farber Cancer Institute. Tickets are \$30 for general seating and \$50 for VIP seating, which includes a post-show reception with creator Lisa Rafferty and cast members. Pictured: Arts and entertainment critic, Joyce Kulhawik, a member of the cast.
For information: 781-871-2787, www.companytheatre.com.



Jay Psaros to perform Feb. 3 at Tuneful Brew Coffeehouse in Duxbury

WHEN: 8:10 p.m., Friday, Feb. 3
WHAT: Jay Psaros to perform at Tuneful Brew Coffeehouse in Duxbury
INFO: Tuneful Brew Coffeehouse: First Parish Church, Harvey Assembly Hall, 842 Tremont St., Duxbury. Open mic 8-9 followed by featured performer, singer songwriter Jay Psaros. Admission is \$10 at the door, children 12 and under admitted free. Homemade baked goods, a variety of tea and coffee are available. Donations are greatly appreciated.
For information: tunefulbrew@gmail.com, www.tunefulbrew.com.



Student art exhibit reception Feb. 3 at Front Street Art Gallery in Scituate

WHEN: 6-8 p.m., Friday, Feb. 3
WHAT: Student art exhibit reception at Front Street Art Gallery in Scituate
INFO: A reception for the annual student art exhibit will be held at Front Street Art Gallery, 124 Front St., Scituate Harbor. The Scituate High School art exhibit, hosted by the Scituate Arts Association, will be on view Feb. 2-26. A First Friday reception for the students, families and friends will be held from Feb. 3 (snow date 2-5 p.m. Feb. 5). The public is welcome to attend and vote for a favorite piece. Pictured: "Wind-swept" by Lillian Werner.
For information: 781-545-6150, www.frontstartgallery.com.



CALENDAR

Send your event information by email to scalendar@wickedlocal.com. Listings information must be submitted at least two weeks prior to the event. Please include the time, date, location, street address and town of the event. If possible, provide a contact phone number and website.

greatly appreciated. For information: tunefulbrew@gmail.com, www.tunefulbrew.com.

Ghost Train: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com. For information: 781-340-1300, thenextpagecafe.com.

pancakes, bacon, sausage, scrambled eggs, coffee and orange juice. Gluten free pancakes and sausage also available. \$8 per person, \$5 kids under 8. All proceeds support Boy Scout Troop 92.

Monday, Feb. 6

Book Babies: 9:15 a.m., Thayer Public Library, 798 Washington St., Braintree. For infants to age 24 months. Twenty minutes of pajama-themed fun — short stories and lots of songs. Donations of new pajamas will be collected for the 10th annual Bruins PJ Drive through March 15. No donation necessary to attend. For information: 781-848-0405, www.thayerpubliclibrary.org.

Saturday, Feb. 4

Art exhibit: Feb. 4-March 3, Clemens Gallery, Hingham Public Library, 66 Leavitt St., Hingham. "By the Sea," paintings by Kathleen Dunn, were inspired by walks along the beach. Reception 1-3 p.m. Feb. 11. For information: www.hinghamlibrary.org.

Italian Pop Songs: 2 p.m., Ventress Memorial Library, 15 Library Plaza, Marshfield. John Murelle, baritone, and the John Salerno Trio will perform "That's Amore: Italian Pop Songs." Free and open to the public; no tickets required. Light refreshments served at a post-concert social hour. For information: 781-834-5535, www.ventresslibrary.org.

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Dinner theater: John Carver Inn, 25 Summer St., Plymouth. Doors open at 7 p.m. Dinner and show \$59.99 per person. Show only: \$25. For information: 508-591-8206, www.johncarverinn.com/packages/dinner-theater-comedy-mystery-music-more. Tonight: "Shipwrecked."

South Shore Folk Music Club: 8 p.m., Beal House, 222 Main St., Kingston. Concert by singer-songwriter Bill Motte, with female duo Ali & Bongos to open. Doors open at 7:30 p.m. Members \$18, non-members \$20. Advance tickets are available from www.brownpaperickets.com/event/2600723. For information: www.ssfmc.org.

Fire and Rain: 8 p.m., Company Theatre, 30 Accord Park Drive, Norwell. The Company Theatre's 2017 Special Events series will present a tribute concert by Dave Binder, performing James Taylor's most memorable music. Binder has spent 32 years touring, performing more than 3,200 shows. Tickets are \$26. For information: 781-871-2787, www.companytheatre.com.

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